

# *SEN Early Years Inclusion Service*

## **How to use a Calm Thermometer**

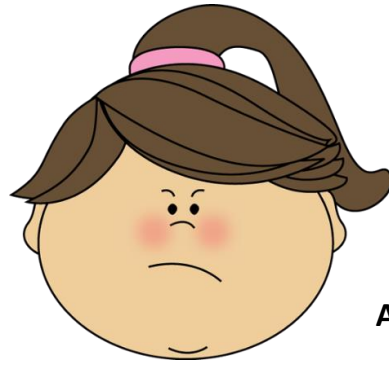
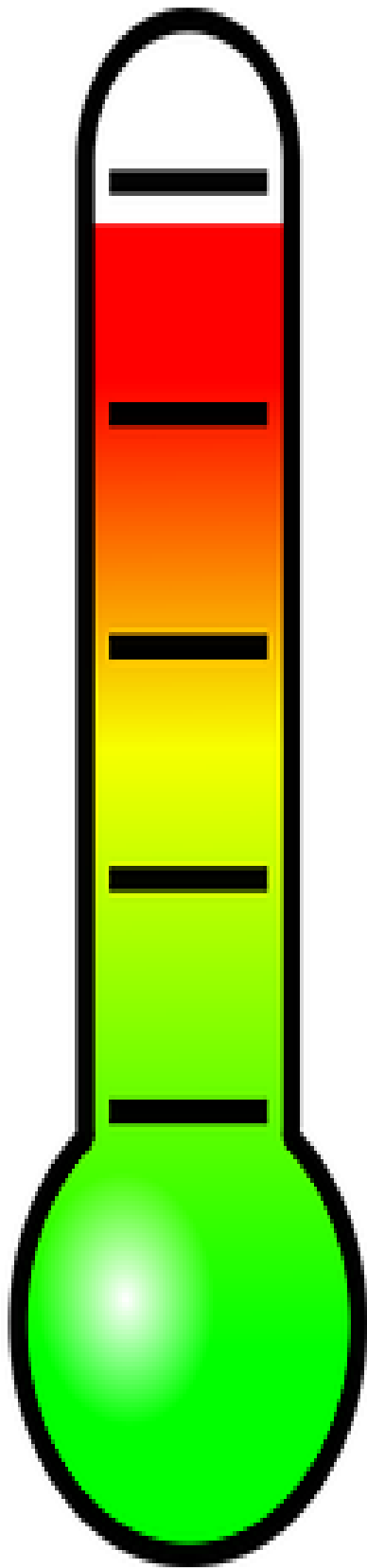


The following thermometers can be used to help children identify their feelings.

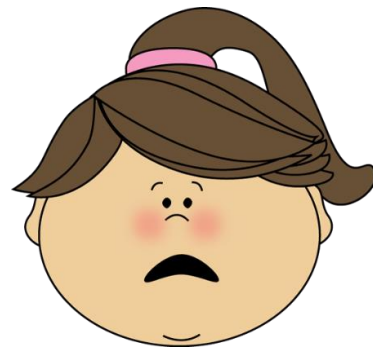
To use:

- Cut out arrows provided.
- Get down to your child's level.
- Put the arrow at the appropriate section of the thermometer and show the thermometer to the child.
- Tell the child how they are feeling using the thermometer and provide an explanation for why the child feels like this e.g. 'you are getting angry (put arrow at start of red section), look see you have a cross face (show face). You are feeling angry because your sister took the doll'.
- Then suggest some activities the child can engage in to help them calm down.

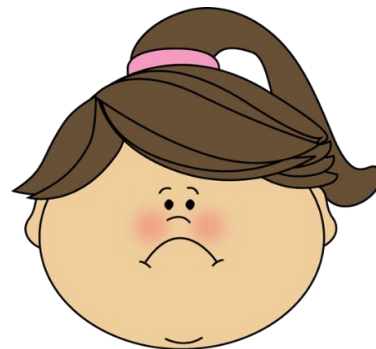




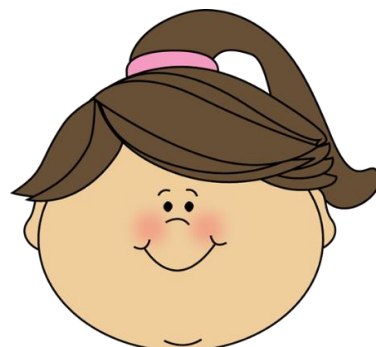
Angry



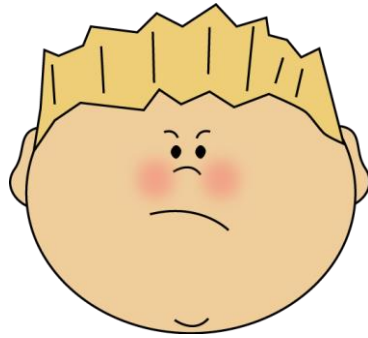
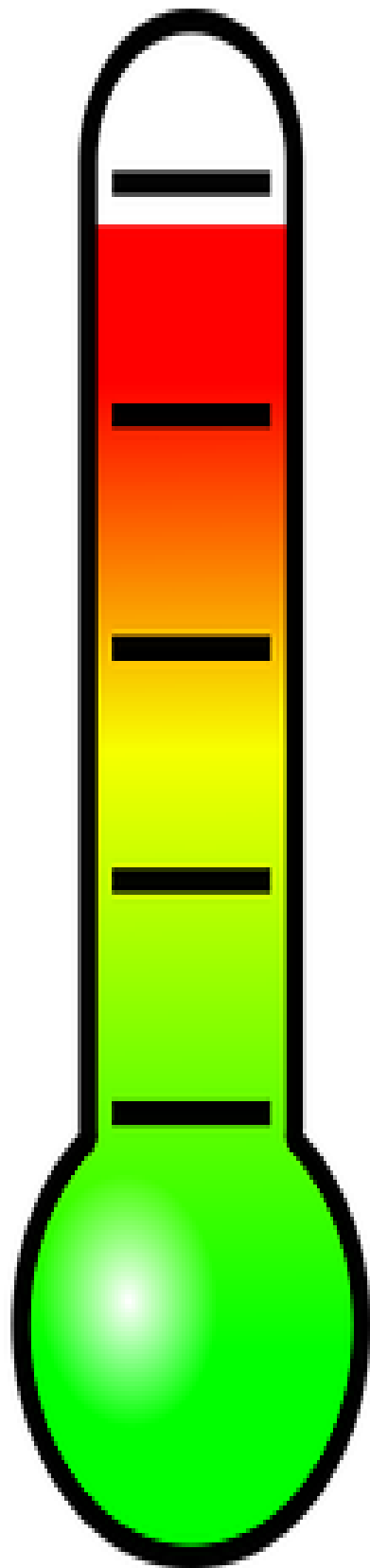
Scared/Anxious



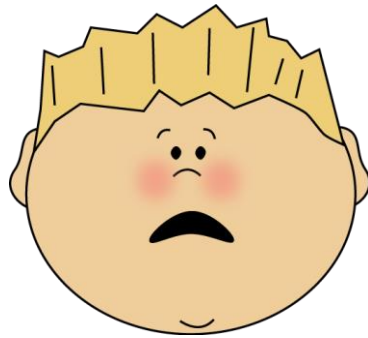
Sad



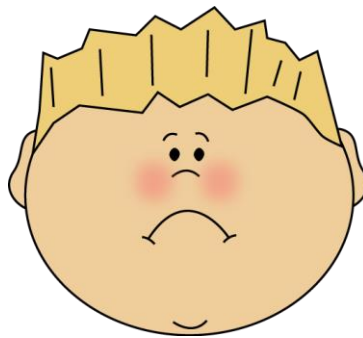
Calm/Happy



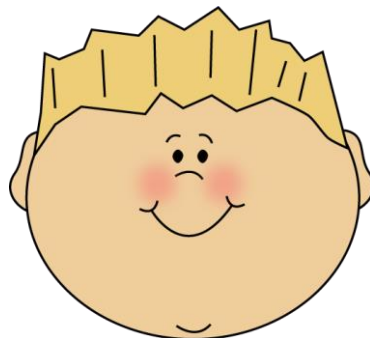
Angry



Scared/Anxious



Sad



Calm/Happy

