THE FEELINGS THERMOMETER:
Understanding and Managing Our Emotions

FURIOUS
- RECOGNITION: Feeling extremely angry, enraged, or out of control
- TIPS: Stop or walk away, find a safe way to release energy, or seek support from an adult.

OVERWHELMED
- RECOGNITION: Feeling stressed, anxious, or unable to cope
- TIPS: Practice deep breathing, count to 10, move your body or exercise

ANGRY
- RECOGNITION: Feeling upset, irritable, or resentful
- TIPS: Practice deep breathing, count to 10, move your body or exercise

SAD
- RECOGNITION: Feeling down, unhappy, or low in energy
- TIPS: Get or give a hug, talk to family and friends, get some fresh air.

ANNOYED
- RECOGNITION: Feeling mildly bothered or frustrated
- TIPS: Take a short break, talk to a friend, or do a hobby you enjoy

HAPPY
- RECOGNITION: Feeling joyful, content, and positive
- TIPS: Share your happiness with others, express gratitude, or help someone in need.

CALM
- RECOGNITION: Feeling relaxed, peaceful, and balanced
- TIPS: Practice deep breathing, mindfulness, or meditation to maintain calmness.

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