

Thermometer Strategy

Example

MY WORRY THERMOMETER

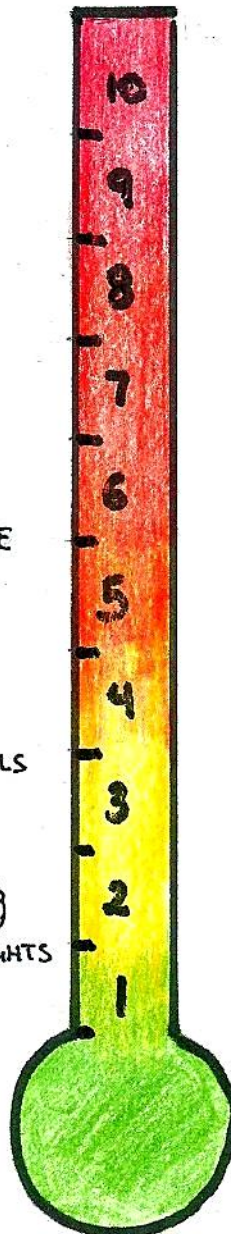
HAPPENS WHEN



LOOKS LIKE



WHAT HELPS

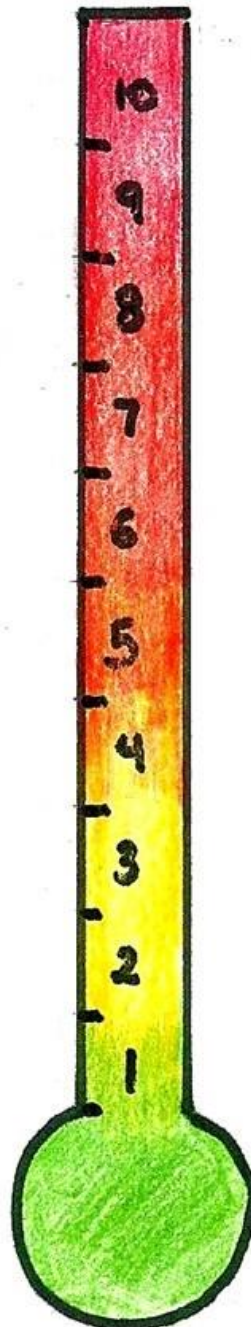


MY _____ THERMOMETER

HAPPENS
WHEN

LOOKS
LIKE

WHAT
HELPS



Additional Info

Visit our library for additional resources and information to use with this thermometer

Library

Search files...

Calming Tools ▾

Back in Balance Guide 660.86 KB [PREVIEW](#)

Adult Calming Tools Cognitive Emotive Imaginative
Sensory Teens

A pamphlet that shows some simple steps to help you get back in balance when circumstance, emotions, or thoughts are bringing stress and throwing you off balance. You can download this brochure to your phone, computer, or tablet, or print it out and carry it with you.

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Calming Activities Library 1.76 MB [PREVIEW](#)

Adult Ally Calming Tools Children Cognitive Emotive
Imaginative Sensory Teens

Certain activities can be a helpful activity to calm upset / anxious feelings and "rebalance". Here is a collection of suggested activities and steps you can do to use them in your daily life

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Calming Object Library 1.96 MB [PREVIEW](#)

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