

Emotion Thermometer and Coping Plan

Age: Kids, Teens, Adults

Time: 15-20 min

Goal: Catch early signs before overwhelm

Materials: Paper & colors

Age adapt for:

10 😊 😐 😞

3 😡

Feel/friend



Slow Breathing



Age adapted for



- School/
- Social



For situation time:
School/Social

Reach for
Support

Short
Break

