Directions: Choose a feeling from the list or make up one of your own. From weak to strong, how intense is that feeling for you right now? Write the feeling in the matching section of the thermometer. Write your feelings on the thermometer a few times throughout the day. At the end of the day, review all your feelings. What did you learn about yourself?

Happy
Sad
Frustrated

Excited
Surprised
Worried

Strong
Mild
Weak