

# Feelings Thermometer

## How Are You Feeling?

This feelings thermometer belongs to:.....





**You have the right to feel  
all of your emotions.**

**All feelings are okay—happy,  
sad, angry, scared, or excited.**

**But you do not have the  
right to be unsafe.**



"CELEBRATING ARAB CULTURE ONE PROJECT AT A TIME."

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Name:.....: الاسم:

Date:.....: التاريخ:

## Things that make me feel...

### أشياء تجعلني أشعر ب...



- When? متى؟
- What happened? ماذا حدث؟
- Who? من؟
- Why did you feel this way? لماذا شعرت بهذه الطريقة؟
- What can we do to help us deal with this emotion?  
ماذا يمكننا أن نفعل لمساعدتنا على التعامل مع هذه المشاعر؟

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Handwriting practice lines consisting of solid top and bottom lines with a dashed midline, repeated 10 times down the page.