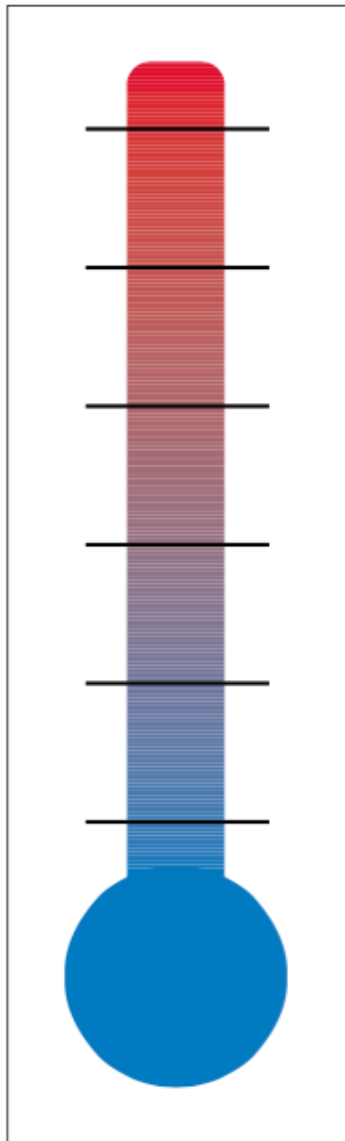


# Relaxation Thermometer



Adapted from Incredible Years Dinosaur School



Angry-Mad  
Frustrated



Calm-Relaxed  
Focused

# Instructions

1. [Hold the visual up and say,] **“This card is like a thermometer. A thermometer tells us how hot or cold something is”**
2. [Point to the bottom say] **“Down here at the bottom, it is cool, and is blue like ice”**
3. **“Up here at the top, it is hot, and red like fire”**
4. **“But this thermometer can tell us how we feel”**
5. [Point to the calm emotion picture and the bottom and say] **“This child is calm, see his face? Look at his eye brows, his mouth. Show your friend your calm face. This is blue and cool. So calm”**
6. [Point to the angry/frustrated emotion picture and the top and say] **“This child is angry-mad/upset/frustrated, see his face? Look at his eye brows, his mouth, his hand. Show your friend your mad/frustrated/etc. This is red and hot.”**
7. **“We’re going to play a game: Pretend you are very calm. Take a big deep breath and let it out. Relax your body and bend it forward a little (demonstrate). Make your calm face.”** [Point to the blue at the bottom of the thermometer.]
8. **“Now we’re going to pretend to get angry (or upset or frustrated, etc.). Pretend you are coloring and someone reaches over and crumples up your paper. You feel so angry! So mad! Let’s stand up, tense up your body, make fists, bend forward a little, breathe in and out quickly (like panting). [Demonstrate. Then slowly raise your finger up the thermometer] We’re getting redder and redder, madder and madder.”**
9. **“Let’s take our deep breaths and calm down. Big breath in and blow it out through your blowing mouth [i.e., with pursed lips, like blowing out a candle]. We’re starting to get a little calmer, more relaxed [point to the thermometer], but we’re not all the way calm yet.”**
10. [Repeat step 9 several times, demonstrating with your body and face getting more and more relaxed, moving your finger down the thermometer bit by bit, until you are at the bottom.]
11. Go up and down the Thermometer several times (if you’d like), with a different pretend situation—a friend won’t play, someone takes your block or car, etc.
12. **“On the last turn, say we’re going to get so calm and relaxed that we just melt down into our chairs (onto our carpet squares, etc.) with our last breath”** [demonstrate]