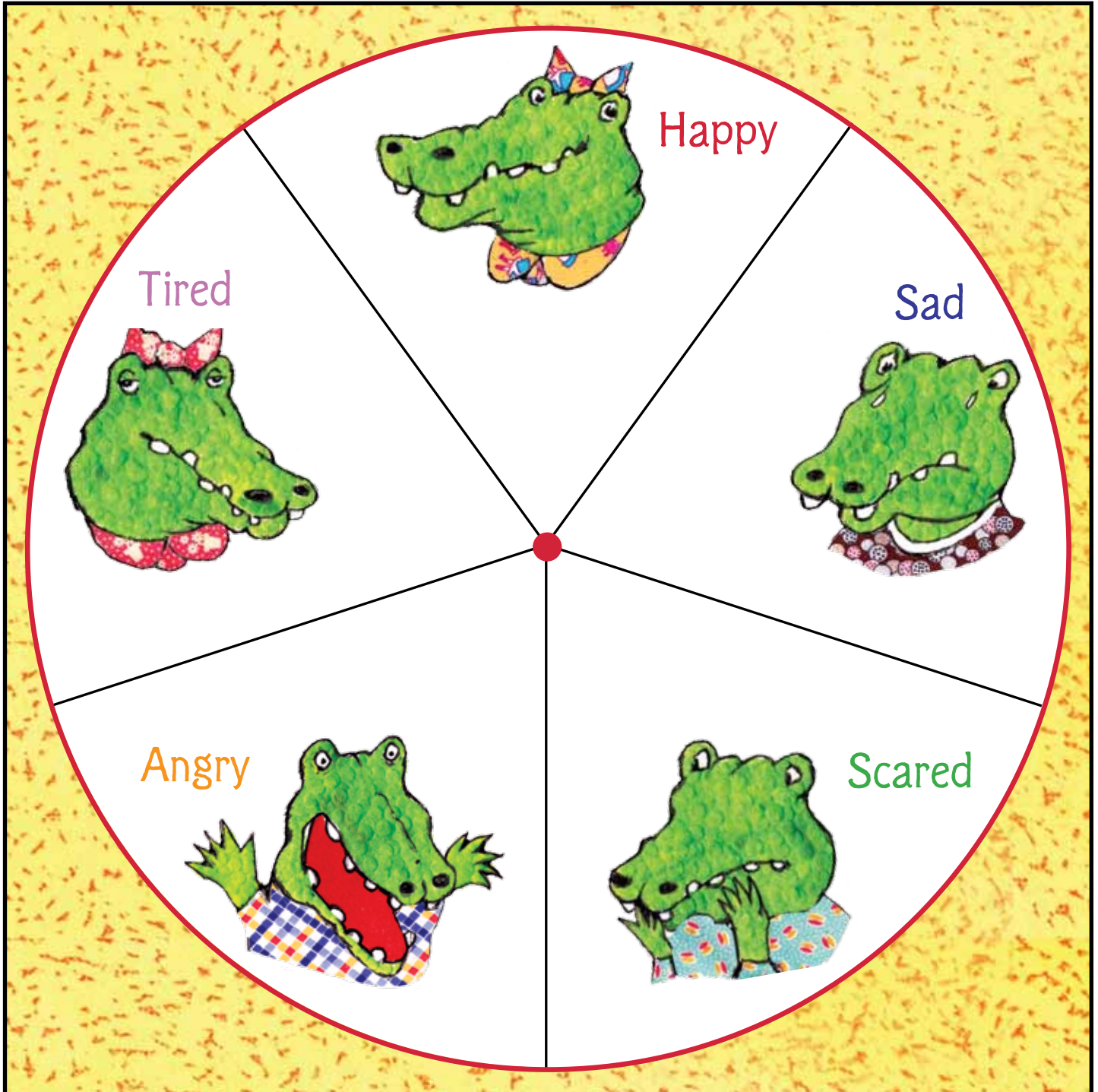


# Feelometer

Navigating emotional situations can be tricky, even for adults! The Feelometer can help children to represent and discuss their feelings in a concrete way, even as emotions constantly fluctuate. Use it in your classroom when negotiating conflicts, when students seem out of sorts, or even just to allow students to indicate their changing feelings throughout the day.



Cut out the arrow below and fasten it to the center of the Feelometer.

