

Feelings Thermometer



How Do You Act?	What Can You Do About It?		
Arguing, Refusing Tantrum, Shutting Down Yelling, Stomping	Count to 10 or 100 Tell an adult Move your body or exercise	Stop, and walk away Take deep breaths	Take a nap Practice grounding techniques
Avoiding, Pacing Clingy, Hyper Shutting Down Overstimulated	Take deep breaths Take a break Pause, and ask for help	Use positive self-talk Relax and try again	Tense and relax your muscles Think of a peaceful place
Smiling, Relaxed Laughing, Engaged Paying Attention Enjoying Yourself	Smile & practice gratitude Help someone else	Use kind & positive words Take steps toward your goals Exercise	Keep listening Write about your successes
Withdrawn, Disengaged Crying, Slowed Down Understimulated Depressed	Get or give a hug Talk to friends or family Get some fresh air	Stretch Listen to music	Move your body or exercise Do a hobby you enjoy

Tiny Turtle Emotion Thermometer

Mark Steyvers



Tiny Turtle Emotion Thermometer:

Tiny Turtle Emotion Thermometer Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Tiny Turtle Emotion Thermometer**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Tiny Turtle Emotion Thermometer Introduction

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