

FEELINGS

THERMOMETER

A visual way for your child to express how they feel.

Use this chart as a way to allow your child to let you know how their body feels. This is a great way for children to begin to recognize and own the way their body feels.

Use this in conjunction with the sensory break ideas PDF to facilitate a safe way for your child to communicate their needs.

Consider laminating this and having it displayed in prominent place through out your house for your child to use anywhere.

How My Body Feels

