

Thermometer Strategy

By [Rachel Marie – Learning and Behaviour Consultant](#)

Example

MY WORRY THERMOMETER

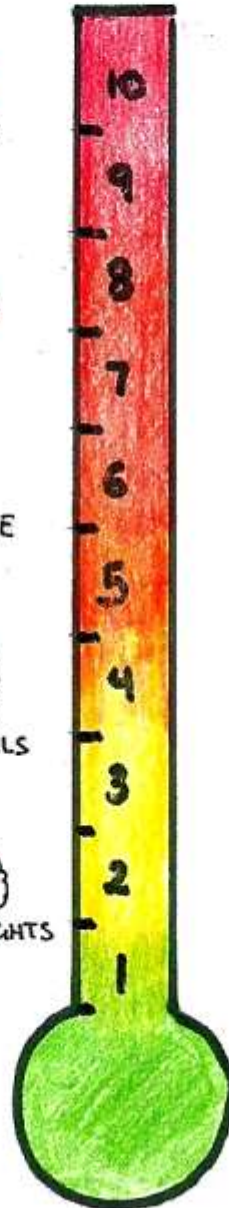
HAPPENS
WHEN



LOOKS
LIKE



WHAT
HELPS



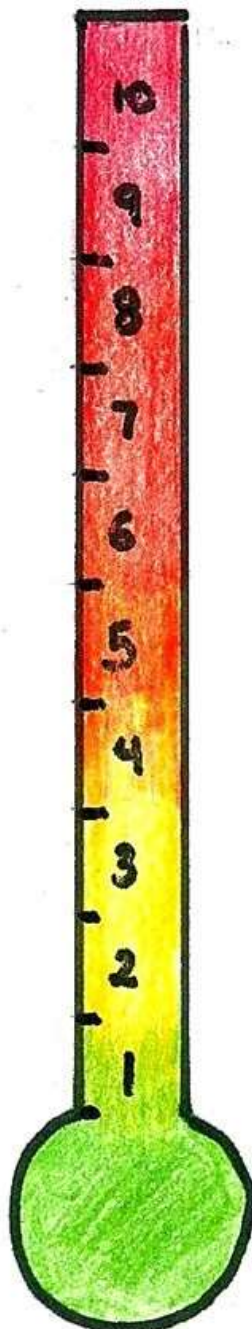
Printable Template

MY _____ THERMOMETER

HAPPENS
WHEN

LOOKS
LIKE

WHAT
HELPS



Additional Info

Visit the [Resource](#) Page for tools and information to use with this thermometer



For some more tips on how to become calm when you're overwhelmed check out our printable: [Back in Balance Brochure](#)

Want to make some of your own calming objects? Read about it here:

- [Top 5 Calming Tools You Can Make at Home](#)

Got questions? Let us know www.heartandhomeconsulting.com/contact/