My Reading Feelings Thermometer

Point to how you feel. All feelings are okay.

Overwhelmed	**Tears, shouting, hiding**	**Stop the book. Hug or space. We'll try another time.**
Frustrated	**"I can't!" Tight and cross**	**Pause. Name it. Pick a reset below.**
Wobbly	**Wiggly, tired, bored**	**Shorter. Take turns. Easier book.**
Calm	**Relaxed and curious**	**Let's read and enjoy.**

My reset choices

- **Big breaths**
- **Drink of water**
- **Wall push**
- **Squeeze a toy**
- **Hug**
- **You read to me**