

# What's my Emotional Temperature?

**Purpose:** To teach students to take their emotional temperature, so they learn to recognize and regulate their emotions

## Instructions for the lesson:

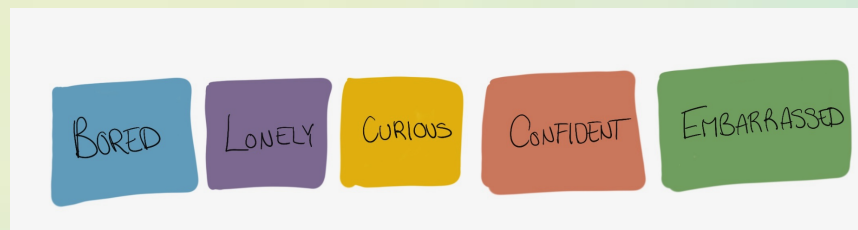
- ★ Discuss a range of emotions that you want students to be able to identify. Use this resource:

Emotion Wheels ([LINK](#))

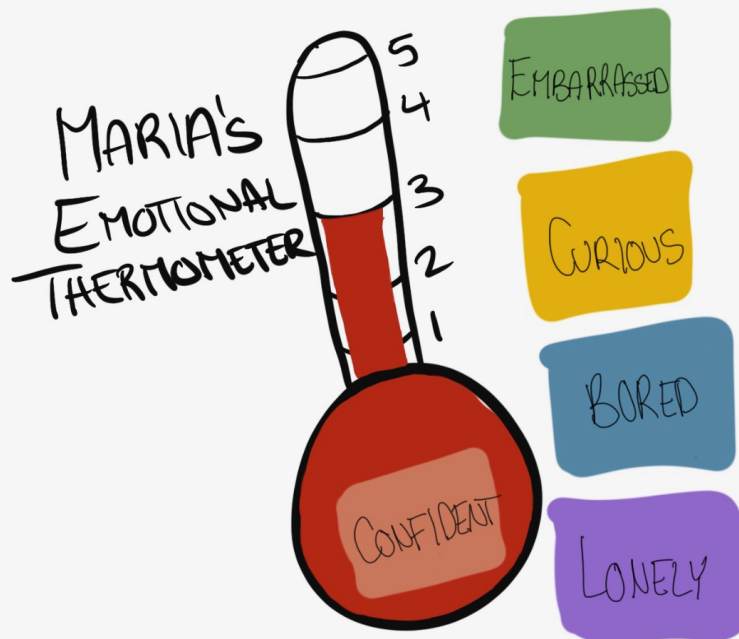
- ★ Ask students to discuss how there can be different ranges of emotion.
- ★ Give a group of 4 students one emotion and ask them to create a scenario for three different intensity levels of that emotion.
- ★ Follow up by asking students a healthy way to deal with strong emotions.

## Activity

- ★ As students pick out 10 emotions that they feel they experience the most.
- ★ Make 10 emotion cards each and place a magnet, velcro, or tape to the back of the cards



- ★ Instruct your students to draw a large thermometer on a sheet of paper. Mark different points along the thermometer, ranging from 0 at the bottom to 5 at the top. Create a slit between the bulb and the stem of the thermometer.
- ★ Next, cut out a strip of red paper and insert it through the back of the slit, laying it on top of the measuring points. This red strip will represent the intensity of emotions.
- ★ Encourage students to choose an emotion and adjust the position of the red strip to reflect the intensity of that emotion. This hands-on activity allows them to visually express and manipulate the level of intensity they are experiencing.
- ★ Now, each student will have their own emotional thermometer to articulate and share the intensity of their feelings.



### Reflection

- ★ This tool can be used in the classroom for students to gauge their emotional range so they can better understand and work towards better management strategies.
- ★ Encourage students to recognize what might have made them feel that way, and how they can help/regulate themselves for the next time.

Inspired by: [What's my temperature? \(LINK\)](#)



**Everyday Mental Health  
Classroom Resource**

From School Mental Health Ontario and  
the Elementary Teachers' Federation of Ontario

