



The Emotion Thermometer

(Note to teacher)

THE VOLCANO

This is where we experience
HIGH energy emotions like feeling
angry, frustrated or excited.
This involves the limbic system being
very active, (sometimes referred to as
the lower brain, see Daniel Siegel).

THE TREE

This is where we feel **CALM & ALERT**. When we are calm & alert, we are ready to learn, listen or problem solve. This involves the pre-frontal cortex being more active (sometimes referred to as the higher brain, *Dan Siegel*).

THE ICEBERG

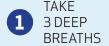
This is where we experience **LOW energy emotions** like feeling sad, sick, lonely. This involves the limbic system being very active, (sometimes referred to as the lower brain, see *Daniel Siegel*).

There are no **RIGHT** or **WRONG**answers when it comes to our
emotional temperature. We can be
in the Iceberg while angry or Volcano
while feeling sad. We can also be both
in the Volcano and the Iceberg
(lower brain) at the same time. →



→ For example we can be excited about an upcoming event while also being the Iceberg because we are feeling tired. However, we cannot be in the Volcano, the Iceberg and the Tree at the same time (we cannot be in the low brain and high brain at the same time).

Using the thermometer





CLOSE YOUR EYES (IF YOU WANT) AND ASK YOURSELF How am I feeling right now? Am I in the Volcano, the Iceberg or the Calm & Alert area, like the tree?



OPEN YOUR EYES.



CAN YOU NAME YOUR FEELINGS AND YOUR NEEDS? (Take your Feelings and Needs cards and put them on the table, or go to the Feelings and Needs poster).

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