



INSTITUT D'ÉDUCATION  
SOCIO-ÉMOTIONNELLE

# 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. →



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→ 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

1

TAKE  
3 DEEP  
BREATHS

2

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?

3

OPEN  
YOUR  
EYES.

4

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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