

Stress Thermometer Academic Example

Directions:

This stress thermometer example shows a thermometer with a learner's stressors during a given situation or environment, and the strategies they would use when these stressors are experienced. By looking at the thermometer, the learner can visually see the strategies that they have predetermined to be helpful using pictures or words.

The example included is intended to demonstrate one way a stress thermometer can be completed. You are encouraged to use this template as a reference and then download the blank template to reflect the stressors and strategies that meet the needs of yourself or the learner you are supporting.

Stress Thermometer

Math Class

Stressors

Long lessons and
sitting in my seat for
extended time

Working with a partner
or in a group

Raising my hand in
class to answer a
question

Completing warm-ups
and review from the
day before

Strategies

Timers, breaks, and a
power card

Use a turn taking
support or what to-do
cards

Write answers on a
whiteboard to show
the teacher

Look at completed
examples

