

Stress Thermometer Blank Template

Directions:

Fill in each box of the thermometer scale to indicate stressors and supports for a given situation or environment, with the least stressful at the bottom of the page and the most stressful at the top. Teach the learner to use the thermometer to self-monitor where they are on the stress scale and to use strategies to help bring the temperature back down.

For text-based thermometers, simply fill in the boxes digitally before printing. For picture/symbol-based thermometers, print the blank thermometer and draw, paste, or Velcro the chosen images into each box. You may wish to laminate the document for durability.

When appropriate, you are encouraged to include the learner in the creation of the thermometer in order to gain their input about what affects their emotional state and what strategies may support them.

Stress Thermometer

Stressors

Strategies

