

Stress Thermometer Example Using Symbols

Directions:

This stress thermometer example shows a thermometer with symbols used to represent 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.

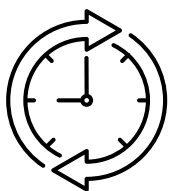
The example included is intended to demonstrate one way a stress thermometer can be completed. You are encouraged to use this template as a reference and then download the blank template to reflect the stressors and strategies that meet the needs of yourself or the learner you are supporting.

Stress Thermometer

Going to a Restaurant

Stressors

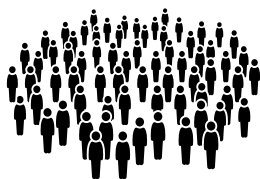
Long periods of time



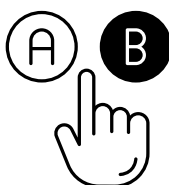
Loud noises



Large crowds

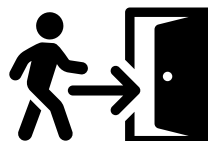


Making a choice

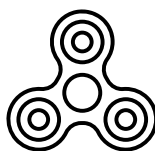


Strategies

Leave or take a break



Sensory object



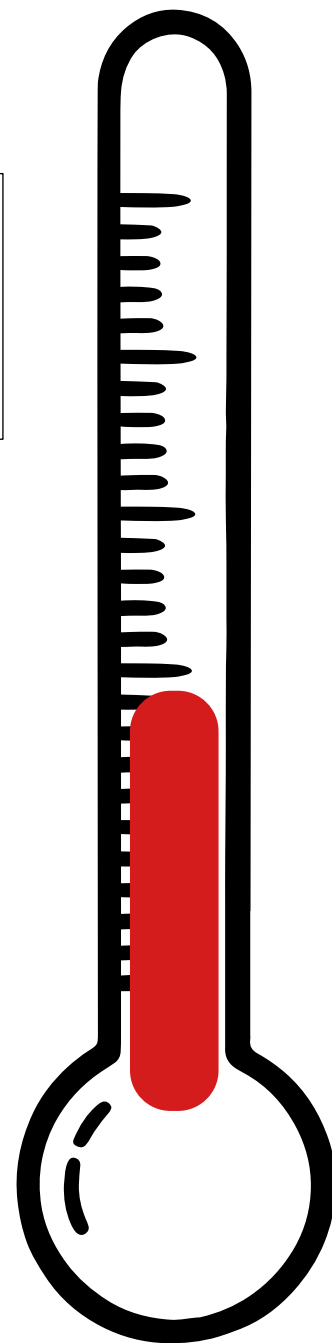
Ask to hold hands



Eating together



High
Stress



Low

Stress