

# Stress Thermometer Community 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

## Going to a Restaurant

### Stressors

Sitting a long time at the table or I don't like what's on the menu.

Loud sounds or music playing.

Large groups or crowds.

Getting to choose the restaurant we go to.

### Strategies

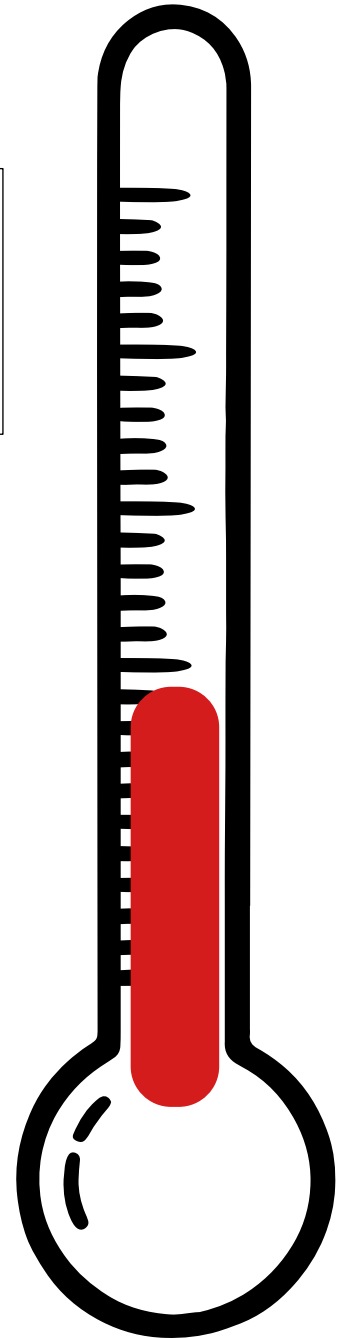
Choose a sensory object to help my regulate.

I can take a break outside or away from the table.

Ask for a table or seat around less people.

I get to eat with my friends or family.

**High  
Stress**



**Low**

**Stress**