

# Anxiety thermometer

## For child or young person

Using a feelings thermometer is a great tool to help us recognise what feelings we might be experiencing in any given moment.

Here is an Anxiety Thermometer.

We can experience anxiety at different levels and intensities, and at times it can feel really uncomfortable and scary. A helpful strategy is becoming aware of what level our anxiety is at. If we can develop an understanding of our anxiety or worries, then this is the first step in learning strategies to manage or cope better.

Anxiety may be triggered by different situations, and so using this tool can also help us recognise what situations make us feel more anxious or worried than others.

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## For adults

It can be helpful to plan in advance with the pupil what strategy will be helpful for them, if they were to move up the thermometer. So for example, if they rate their anxiety as 3, 4 or 5, it may be that practicing some breathing techniques is a helpful strategy. However if they are further up the scale, they may require more support. This may need some further planning and so it is important to use this Anxiety Thermometer tool in conjunction with other resources and supports.

Prior to using this resource with a child, please read through our pages on anxiety and guidance for delivering short activities to ensure you have a good understanding of how to use the resources safely.

