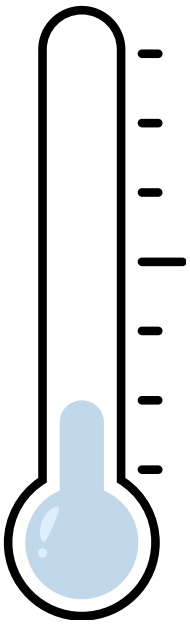
MY FEELINGS THERMOMETER

WHAT IS SUDS?

SUDS stands for "Subjective Units of Distress" which is just a fancy way of saying that you're **giving your feelings a number**. The number lets you know how strong the feeling feels. Giving your emotion a number helps you tell others how calm or upset you feel right now... kind of like a feelings thermometer.



STEP 1: PICK WHICH EMOTION(S) YOU'RE FEELING:

Happy	Calm	Worried	Mad	Sad	Scared
Excited	Peaceful	Nervous	Frustrated	Lonely	Shy
Silly	Relaxed	Unsure	Angry	Hurt	Surprised
Proud	Safe	Confused	Grumpy	Disappointed	Startled

You can choose an emotion that's not on this list, too.

STEP 2: PICK A NUMBER FROM 0–10 BASED ON HOW STRONG YOUR EMOTION IS:

- **0 = Super calm** -- Relaxing, snuggly, safe.
- **1–2 = A tiny bother** -- Like when your crayon breaks.
- **3–4 = A little** upset -- Like when a friend can't play.
- **5–6 = Medium** upset -- Like when you forget your homework.
- **7–8 = Big** upset -- Like when someone is mean to you.
- **9 = Really** upset -- Like when you lose something very special.
- **10 = The worst** ever -- So upset you can't talk or think.

STEP 3: USE YOUR NUMBER

- **0–3 (calm)**: Keep playing, maybe take a happy breath.
- **4–6 (medium)**: Try a calm-down tool (see below).
- **7–10 (big feelings)**: Ask an adult for help. Use your strong calm-down tools.

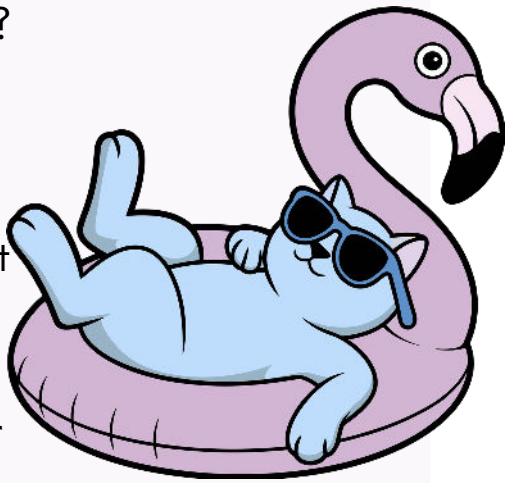
CALM-DOWN TOOLS

- Blow **slow bubbles**
- Take **3 deep breaths**
- **Hug** a stuffed animal
- Listen to a **calm song**
- **Squeeze** fists, then **relax**
- Imagine your **safe** place



STEP 4: AFTER THE CALM-DOWN TOOL, CHECK YOUR NUMBER AGAIN

1. **Stop and notice:** How does my body feel?
2. **Think:** What's in my head right now?
3. **Ask yourself:** "Did my number go down?"
4. **Choose Again:** Choose the number that shows how strong your emotion is now that you've used a Calm-Down Tool.



If you're number hasn't gone down, try another tool or ask an adult for help.

PRACTICE SPACE

- Today I felt: ____ (number) of _____ (emotion)
- After calm-down, I felt: ____ (number) _____ (emotion)

WHY IT'S HELPFUL

- Naming it is taming it: Naming the feeling and how big it is helps you tame the feeling.
- The more you know, the better: The more you (and helpful adults) know what's happening, the more options you have to help or fix it.
- Shows change: It helps you see if your tool works. If you do deep breathing and go from a 7 to a 4, that means it's working!
- Helps grown-ups help you: If you say your number, adults know how to support you.