

# How are you feeling today?



In school, we check in with the children twice a day using our Feelings Thermometer. This gives them the opportunity to identify how they are feeling using words, numbers or colours on the poster. By identifying how they are feeling, children are able process why they might be feeling a certain way or how they can manage their emotions.

By sharing their feelings with us, we are also able to support them in solving problems and expressing themselves.

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