

# Feelings Meter



Take the Temperature of Your Feelings

**DISTRESSED, ANGRY OR VERY SCARED**

**WORRIED**

**UNCOMFORTABLE**

**CONTENT**

**RELAXED/JOYFUL**



**The  
ON OUR SLEEVES'  
Movement**

**For Children's Mental Health**



**Nicklaus  
Children's  
Hospital**

Where Your Child Matters Most