

## Feelings Thermometer

How am I feeling right now?

1 Just Right	2 Warm	3 Too Warm	4 Hot	5 Red Hot
				

How do I wish to feel?

1 Just Right	2	3	4	5 Red Hot
				

Do I need to use a strategy?

Source: Cannon (2011).

In *Solving Executive Function Challenges: Simple Ways to Get Kids with Autism Unstuck and on Target*, by Lauren Kenworthy, Laura Gutermuth Anthony, Katie C. Alexander, Monica Adler Werner, Lynn Cannon, & Lisa Greenman. Copyright © 2014 by Paul H. Brookes Publishing Co., Inc. All rights reserved.