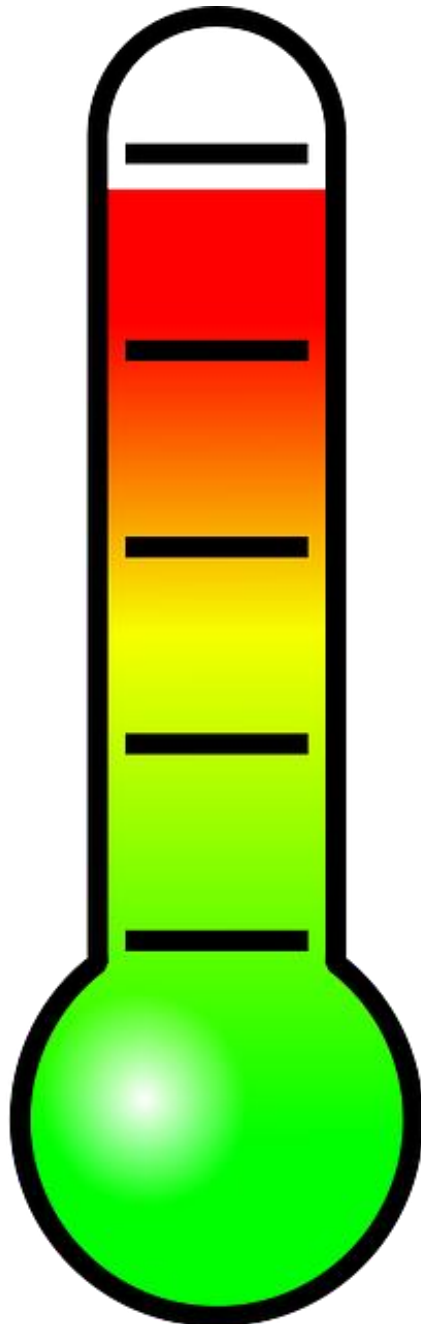


FAMILY STRESS THERMOMETER

Parents and children experience STRESS through their senses (body)



5 Feeling overwhelmed, Toxic Stress

“I want to get out of here”

4 Anger, agitation, frustration

“I’m feeling stressed/anxious/angry”

3 Feeling a bit irritated, ‘manageable stress’

“I’m feeling upset but I can handle it”

2 Having fun, feeling excited, playful, silly

“I’m happy and enjoying my day”

1 Relaxed, focused, calm and peaceful

“My body and mind FEEL relaxed and calm. I’m good at listening and learning when my body and mind are calm and relaxed”