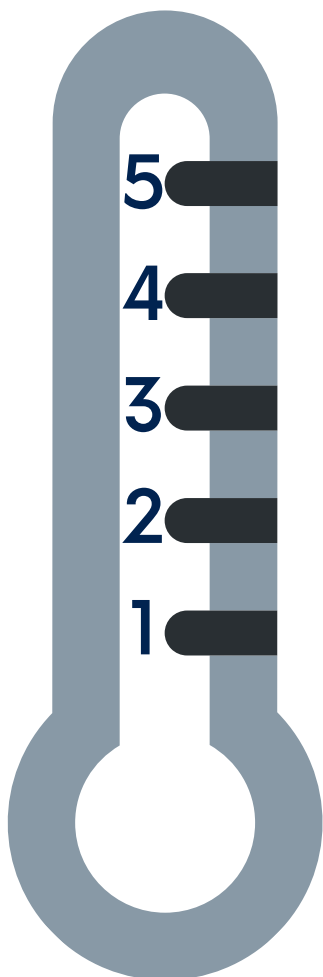
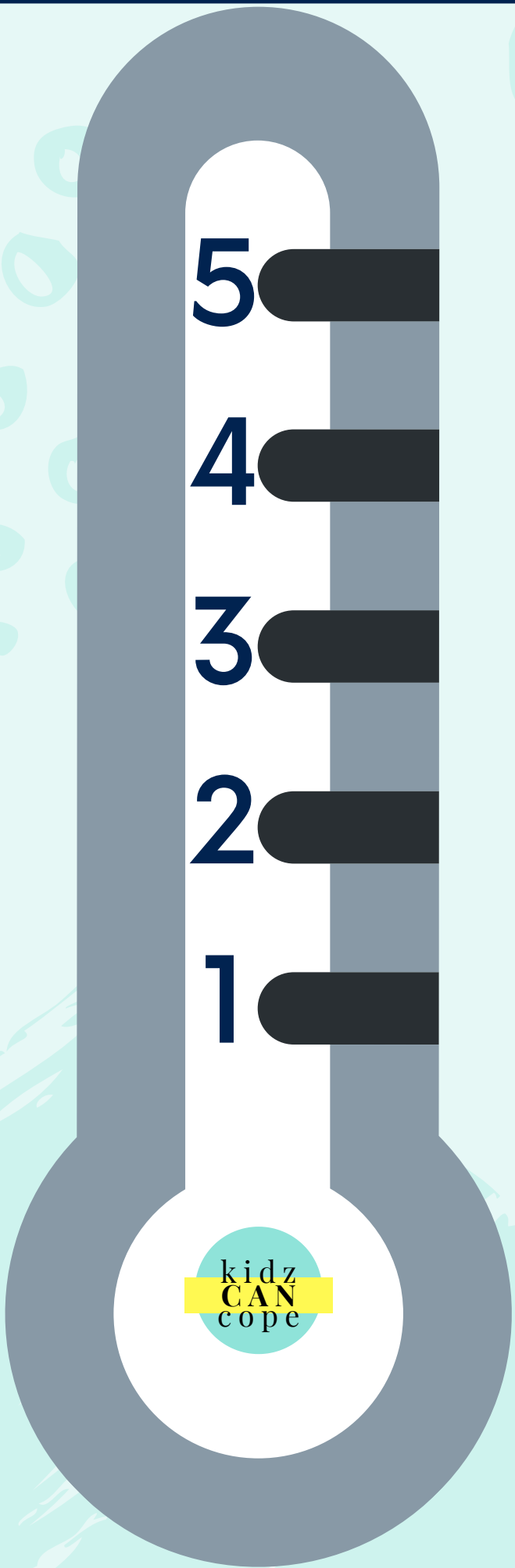


# FEELINGS METEOROLOGIST

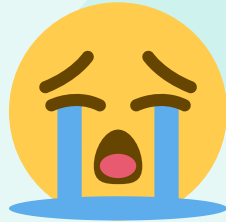
Did you know that we can feel so many different emotions? We might be apprehensive, nervous, or frightened. Sometimes we don't even know a word to describe how we are feeling. Using a feelings thermometer is a helpful way to tell others how we are feeling.



1. Get one of your favorite books.
2. While you're reading, be a feelings meteorologist and use the feelings thermometer to report how different characters are feeling.
3. You can also be a feelings meteorologist while watching a movie or TV show.



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kidz  
**CAN**  
cope

# FEELINGS THERMOMETER