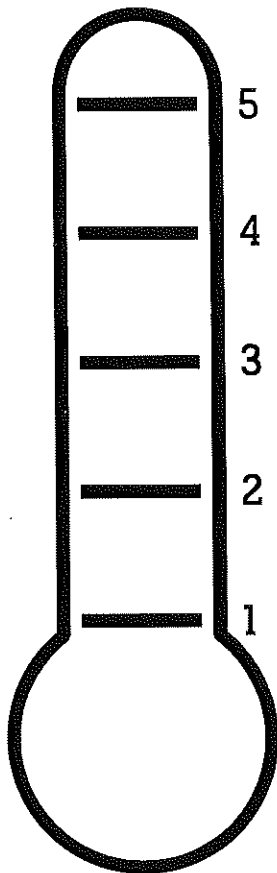


Thermometer

The thermometer is a helpful symbol for you to express which situations cause the most tension. Give an example for each of the following numbers on the thermometer and select a color to represent how it feels.



5 I feel overwhelmed. I want to get out of here!

4 I feel very uncomfortable. I need help.

3 I feel challenged but I can make it.

2 I feel comfortable. I can do this.

1 I feel very relaxed. No worries.
