VISUAL SUPPORTS AND DAILY ROUTINES

Feelings Thermometer

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A feelings thermometer and planning pages, to show how big a feeling is and what might help at each level.

These are simple, original My SEND Friend drawings and empty boxes you can fill. They are not PECS, Widgit, Boardmaker or any other licensed symbol system. Use the person's own words, photos, or drawings if those work better. A visual is a support, not a test — stop or change it if it adds pressure. This is not a diagnostic tool and it is not a trademarked regulation programme.

Who this is for

Families and settings who want a simple scale for talking about feelings and support, using the person's own words.

What is inside

- How to use a thermometer kindly
- A colour thermometer
- A "what helps" planner
- A blank version to personalise

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Feelings thermometer

Point, colour, or mark a level. Change the words if your child already uses different ones. There is no right answer, and a thermometer is not a test.

4 — Overwhelmed

I cannot keep going like this. I need help and a way to feel safe.

What might help me at this level:

3 — Too much

Things are building up. I need a break or a change soon.

What might help me at this level:

2 — Starting to feel wobbly

I can still try, but I may need a warning, a quiet minute, or a check-in.

What might help me at this level:

1 — Okay or calm

I can join in, or I can rest, without a lot of extra help right now.

What might help me at this level:

Words we actually use in our family or class

What helps at each level

Plan this together when things are calm. The aim is support, not to talk someone out of a feeling.

When I feel okay, it helps if

When I start to feel wobbly, it helps if

When it is too much, it helps if

When I am overwhelmed, I need

Words we will actually use, if these ones do not fit

A blank thermometer to personalise

Write your own labels on each level, or leave them blank and add words or drawings together.

4

Write what this level feels like, and what helps.

What might help me at this level:

3

Write what this level feels like, and what helps.

What might help me at this level:

2

Write what this level feels like, and what helps.

What might help me at this level:

1

Write what this level feels like, and what helps.

What might help me at this level:

Words we actually use in our family or class

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk visual supports and family tools
- Adapt every chart to words and pictures the person already knows
- This is not a behavioural programme and it is not a licensed symbol set

A reminder about this free pack

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