

Temperature Check-In

DAY / TIME		 10°		

Meadowlark





COUNSELING, SUPERVISION, & CONSULTATION

Temperature Check-In

See below for instructions on how to use this template and an example of how you might use it. This worksheet is designed to be customizable for you and your family, so feel free to modify this in any way that meets your needs. Please contact me with any questions!

DAY/ TIME				
<p>Mark the day and time of your temperature. If you are listing multiple family members on the same sheet, you can mark your name or use a different color to separate answers. You can take your temp as many times you find helpful! I recommend starting with 3 times a day. It can be as little as once a day or as often as every hour!</p>	<p>List your mood or feelings. Try to avoid thoughts in this section. For example, "I feel like no one care about me." This is technically a belief or a thought. The emotion in this example might be sadness or frustration. For younger children, drawing or circling an emoji might be easier than verbalizing a feeling word.</p>	<p>Rate the mood. This part is highly customizable. You can use a rating where the lowest number means having very little of the emotion and the highest number means having a lot of the emotion. E.g. a 3 on a rating scale of 10 for sadness means I have a mild amount of sadness. An 8 out of 10 is a much more intense level. Or you can use the scale to indicate how comfortable or uncomfortable we're feeling emotionally. For example, we could use 10 out of 10 to say we're having the best day ever, where 1 out of 10 means a very low mood. Whatever you choose, just be consistent.</p>	<p>Jot down a quick thought about what's contributing to your mood. Even if you have several things going on, you can just put down a couple words or thoughts about what you're experiencing.</p>	<p>List an idea for a next step. This section is totally optional and may not apply for every temperature check. You can use this section to write in a plan for boosting your mood if it's low, adding self care, or keeping a good mood rolling. You can also use it to write a back up plan or cope ahead. Additionally, you can also use it to reinforce or manage behaviors through a token economy or a reward system.</p>

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DAY/ TIME				
Mon 8 AM	worried	3/10	lots to do today but not so bad	Use sticky notes to keep up with tasks
Mon 1 PM	anxious	7/10	having a hard time keeping up!	need to delegate at least 1 task
Mon 830 PM	tired sad	8/10 5/10	I did a lot today and I wish I had gotten more done	i'm going to go to use self care and go to bed early
Tues 730 AM	worried	6/10	what if I don't get everything done like yesterday...	Use positive self talk: it's understandable if I can't get everything done
Tues 11 AM	meh	3/10	everything's going OK-ish, but it's still early	keep trucking. stay hydrated.
Tues 4 PM	happy	4/10	things are working out	keep trucking. stay hydrated.
Tues 10 PM	happy	4/10	things went well today	practicing gratitude
Wed 6 AM	tired irritated	8/10 8/10	Baby woke me up early, barely got any sleep	not sure yet need coffeEEEE
Wed 9 AM	tired irritated	5/10 8/10	Coffee helps but I really need support	Ask for help so I can take a break
Wed 2 PM	tired happy	2/10 3/10	It was great to have half an hour to myself.	Maybe I'll run later if I can get another break
Wed 6 PM	happy	9/10	I love being able to get in a run!	Do some laundry while i'm feeling invigorated
Wed 10 PM	happy anxious	7/10 3/10	Today ended up going pretty well. I'm a little nervous tomorrow won't go as well	game plan for tomorrow and end the day with gratitude