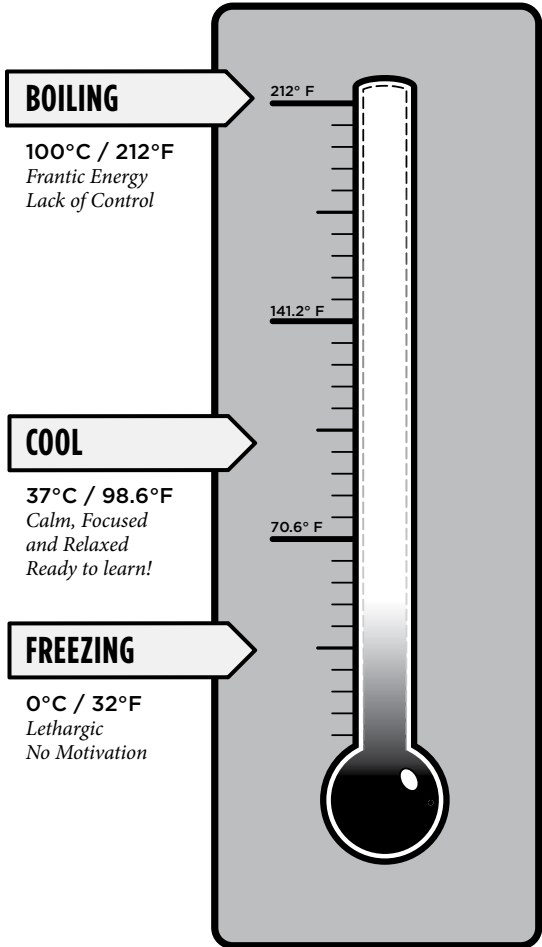




What Is Your Temperature Today?

NAME: _____ **DATE:** _____

DIRECTIONS: Please shade or color the thermometer to reflect your energy level today. Then, answer the questions below.



1. What can you do to get your body and mind ready to learn today?

2. When was the last time you were focused, cool and ready to learn? How did that make you feel?

3. What activities can help you and your classmates relax and concentrate?
