

Tempcheck — Activity Book

A Spark & Anvil activity book — puzzles, questions, and fun from Tempcheck.

Write in the book, circle your answers, and check the Answer Key at the back.

1. What Is Attunement?

Circle the correct answer

1. 'Attunement' means —

(A) playing an instrument only (B) being tuned in to feelings — your own and others' (C) a math term (D) ignoring feelings

2. Being attuned to a friend means —

(A) the weather (B) only thinking of yourself (C) ignoring them (D) noticing how they seem to be feeling

3. A 'temp-check' (temperature check) is —

(A) a thermometer only (B) a quick check-in on how someone is feeling (C) a test grade (D) a weather report

4. Attunement helps relationships by —

(A) hiding feelings (B) helping people feel understood (C) causing arguments (D) creating distance

5. Attuning to YOURSELF means —

(A) ignoring your feelings (B) hiding from yourself (C) noticing your own feelings (D) only noticing others

6. A person who is attuned to others is often good at —

(A) missing everyone's feelings (B) only their own needs (C) noticing when a friend is upset (D) ignoring others

Write the answer

7. Attunement is a SKILL, which means it —

Answer: _____

8. Checking in regularly with a friend can —

Answer: _____

9. Attunement is 'dyadic' when —

Answer: _____

10. Which shows attunement to a friend?

Answer: _____

Match each question to its answer

1. Attunement does NOT mean — →
2. Feelings are — →
3. A caring attunement thought is — →
4. Attunement over TIME lets you notice — →
5. Being attuned helps you respond to a friend — →

- (A) "I want to understand how they're really feeling."
 - (B) a normal, important part of being human
 - (C) you can read minds perfectly
 - (D) in a way that fits how they feel
 - (E) patterns in how someone feels
-

2. Naming Feelings

Circle the correct answer

11. 'Naming a feeling' means —

(A) the setting (B) putting a word to what you feel (C) hiding a feeling (D) ignoring a feeling

12. Naming a feeling can actually help you —

(A) feel a little calmer and clearer (B) feel worse always (C) hide it forever (D) make it bigger

13. Having MANY feeling words helps you —

(A) describe how you feel more exactly (B) hide feelings (C) confuse yourself (D) describe feelings less

14. Which is a feeling word?

(A) Frustrated (B) Math (C) Tuesday (D) Blue chair

15. There are no —

(A) emotions (B) 'wrong' feelings (C) feeling words (D) check-ins

16. A more exact feeling than 'bad' might be —

(A) fine (B) disappointed, worried, or lonely (C) okay (D) whatever

Write the answer

17. A more exact feeling than 'good' might be —

Answer: _____

18. Naming feelings helps a friend —

Answer: _____

19. It's okay to feel —

Answer: _____

20. If you can't find a word for a feeling, you can —

Answer: _____

Match each question to its answer

1. Feeling words help make feelings — →

2. Which is a feeling word for calm? →

3. Sharing a feeling word in a check-in helps because — →

4. Hard feelings (like sadness) are — →

5. Learning new feeling words is like — →

(A) okay to name and share

(B) the other person learns how you really feel

(C) less confusing

(D) getting better tools to understand yourself

(E) Peaceful

3. Feelings Are Signals

Circle the correct answer

21. Feelings are best understood as —

(A) signals that give information (B) good or bad grades (C) orders you must obey
(D) weaknesses

22. There are no 'good' or 'bad' feelings, only —

(A) smart and dumb ones (B) real and fake ones (C) right and wrong ones (D)
comfortable and uncomfortable ones

23. Feeling nervous before a test might be a signal that —

(A) you are weak (B) you should quit (C) something is wrong with you (D)
something matters to you

24. Feeling angry can be a signal that —

- (A) something feels unfair to you (B) you should hide (C) you should hurt someone
(D) you are a bad person

25. Even uncomfortable feelings are —

- (A) to be hidden always (B) okay to have (C) shameful (D) signs you're broken

26. A feeling is a signal, not a —

- (A) normal experience (B) command telling you what to do (C) piece of
information (D) part of you

Write the answer

27. Ignoring your feelings completely can —

Answer: _____

28. Feeling sad after losing something is —

Answer: _____

29. Feelings can help you make —

Answer: _____

30. A comfortable feeling like joy signals —

Answer: _____

Match each question to its answer

1. Which is a healthy view of feelings? →

2. Feelings often show up FIRST in — →

3. When you notice a feeling, a kind next step is to — →

4. Suppressing (pushing down) all feelings tends to — →

5. Feelings are a normal part of — →

(A) everyone's life

(B) the body

(C) get curious about what it's telling you

(D) make them build up

(E) "My feelings give me useful information."

4. The Body & Feelings

Circle the correct answer

31. Feelings often show up in —

(A) only the mind (B) the weather (C) the body (D) your grades

32. Nervousness might feel like —

(A) a calm, still body (B) sleepiness only (C) nothing at all (D) butterflies in your stomach

33. Anger might feel like —

(A) nothing (B) sleepiness (C) a relaxed, loose body (D) heat in your face or a clenched jaw

34. Noticing body sensations helps you —

(A) get confused (B) hide feelings (C) ignore feelings (D) recognize a feeling early

35. Taking a slow breath can help your body —

(A) speed up (B) get more tense (C) ignore feelings (D) calm down

36. A tight chest or fast heartbeat can be a sign of —

(A) nothing (B) a calm mind (C) being fine (D) a strong feeling

Write the answer

37. Learning your body's feeling-signals is like —

Answer: _____

38. Calm feelings might feel like —

Answer: _____

39. Where feelings show up in the body can be —

Answer: _____

40. Body sensations are —

Answer: _____

Match each question to its answer

1. Stretching, moving, or breathing can help — →

2. Noticing 'my shoulders are tight' is an example of — →

3. Body signals can help you name a feeling because — →

4. A grounding trick when feelings are big is to — →

5. Being aware of your body helps in a check-in because — →

(A) body awareness

(B) notice five things you can see or feel

(C) the body often feels it before the mind names it

(D) shift how your body feels

(E) you can describe how you feel more fully

5. Getting Specific

Circle the correct answer

41. Naming feelings PRECISELY (not just 'fine') is called —
(A) emotional granularity (B) ignoring feelings (C) hiding feelings (D) the weather
42. A more precise word than 'mad' might be —
(A) okay (B) annoyed, frustrated, or furious (C) fine (D) good
43. Precise feeling words help because —
(A) they mean nothing (B) they capture exactly what you feel (C) they confuse others (D) they hide your feelings
44. Feeling 'a little nervous' is different from —
(A) feeling 'terrified' (B) the same thing (C) feeling nervous (D) nothing
45. Emotional granularity helps in a check-in because —
(A) it confuses the check-in (B) it hides feelings (C) you share less (D) you share how you feel more clearly
46. A precise word for happy might be —
(A) fine (B) content, joyful, or thrilled (C) meh (D) okay

Write the answer

47. People with high emotional granularity often —
Answer: _____
48. Instead of 'I feel weird,' you could try —
Answer: _____
49. Granularity is a SKILL that grows with —
Answer: _____
50. A feelings wheel or chart helps by —
Answer: _____

Match each question to its answer

1. Two people might feel 'stressed' but in — →
 2. Precise feeling words help YOU by — →
 3. Which shows emotional granularity? →
 4. Being precise about feelings makes it easier to — →
 5. Emotional granularity is part of — →
 - (A) different specific ways (overwhelmed vs anxious)
 - (B) know what you need
 - (C) understanding yourself better
 - (D) self-awareness
 - (E) "I'm not just sad — I'm disappointed and a bit lonely."
-

6. Checking In With Yourself

Circle the correct answer

51. A self check-in means —
 - (A) pausing to notice how you feel
 - (B) ignoring your feelings
 - (C) asking others only
 - (D) checking your phone
52. A good self check-in question is —
 - (A) "Why do I have feelings?"
 - (B) "How can I ignore this?"
 - (C) "What's the weather?"
 - (D) "How am I feeling right now?"
53. Checking in with yourself helps you —
 - (A) understand and care for your feelings
 - (B) hide from yourself
 - (C) ignore your feelings
 - (D) confuse yourself
54. A helpful time for a self check-in is —
 - (A) only during tests
 - (B) only when everything is perfect
 - (C) never
 - (D) at the start or end of the day
55. When you check in and notice a feeling, the next kind step is to —
 - (A) ignore it
 - (B) get curious about what you need
 - (C) judge yourself harshly
 - (D) push it away
56. Self check-ins can include noticing your —
 - (A) other people only
 - (B) body, thoughts, and feelings
 - (C) grades only
 - (D) the weather

Write the answer

57. There are no 'wrong' answers in a self check-in because —

Answer: _____

58. Regular self check-ins help you —

Answer: _____

59. If a self check-in reveals a hard feeling, you can —

Answer: _____

60. Self-awareness (knowing your feelings) helps you —

Answer: _____

Match each question to its answer

1. A self check-in is a small act of — →

2. Which shows a caring self check-in? →

3. Ignoring your own feelings for a long time can — →

4. A self check-in doesn't have to be — →

5. Knowing how YOU feel first can help you — →

(A) self-care

(B) "I notice I'm tired and a bit down — I'll be gentle with myself."

(C) check in with others more openly

(D) make it harder to know what you need

(E) long or complicated

7. Checking In With Others

Circle the correct answer

61. Checking in with a friend means —

(A) asking or noticing how they're feeling (B) ignoring them (C) the weather (D) only talking about yourself

62. A caring check-in question is —

(A) "Whatever." (B) "How are you really doing?" (C) "Why are you so annoying?" (D) "Do you have my homework?"

63. You can notice a friend's feelings by watching their —

(A) the weather (B) grades (C) your own feelings only (D) face, body, and tone of voice

- 64.** If a friend seems down, a caring response is to —
(A) ignore it (B) walk away (C) tell them to cheer up (D) gently ask if they want to talk
- 65.** When you check in with someone, it helps to —
(A) talk over them (B) ignore their answer (C) change the subject (D) really listen to their answer
- 66.** Checking in shows a friend —
(A) that you care about them (B) that you're annoyed (C) that you don't care (D) nothing

Write the answer

- 67.** If a friend doesn't want to talk, the caring response is to —
Answer: _____
- 68.** A good check-in is —
Answer: _____
- 69.** You don't have to FIX a friend's feelings; you can just —
Answer: _____
- 70.** Noticing when a friend's mood changes is a form of —
Answer: _____

Match each question to its answer

1. A caring check-in thought is — →
 2. Checking in regularly helps a friendship — →
 3. If you're not sure how a friend feels, it's best to — →
 4. A check-in works both ways when — →
 5. Showing you noticed a friend's feeling ('You seem excited!') can — →
- (A) both friends ask about each other
(B) help them feel seen
(C) stay close and supportive
(D) "I want to know how they're really doing."
(E) ask instead of assume
-

8. The Temp-Check

Circle the correct answer

71. A 'temp-check' is —

(A) a test (B) a weather report (C) a one-way question (D) a quick two-way check-in on how each person is feeling

72. TempCheck is 'dyadic,' meaning —

(A) one person checks in alone (B) two people check in with each other (C) no one participates (D) a whole class does it

73. In a temp-check, each person shares —

(A) the weather (B) how they're feeling (often with a feeling word or card) (C) their grades (D) nothing

74. A temp-check helps two people —

(A) compete (B) argue (C) ignore each other (D) understand each other's feelings

75. Doing a temp-check regularly can —

(A) be pointless (B) create distance (C) keep a friendship tuned in over time (D) end a friendship

76. In a temp-check, honesty helps because —

(A) fake answers help (B) honesty confuses (C) hiding is better (D) sharing real feelings builds real understanding

Write the answer

77. A temp-check is a SAFE space when —

Answer: _____

78. There are no 'wrong' feelings to share in a temp-check because —

Answer: _____

79. If your feelings are hard to share, you can —

Answer: _____

80. A temp-check can use an 'affect card' which is —

Answer: _____

Match each question to its answer

1. Sharing a feeling card can be easier than words because — →

2. A caring temp-check thought is — →

3. After a temp-check, each person often feels — →

4. A temp-check is quick, so it can happen — →

5. The temp-check works because it's — →

- (A) regular and two-way
 - (B) even on a busy day
 - (C) "Let's both share honestly and listen kindly."
 - (D) it gives you a starting point
 - (E) more understood and connected
-

9. Overlaps & Differences

Circle the correct answer

81. In a temp-check, two people's feelings might —
(A) always be identical (B) be graded (C) overlap or be different (D) never be shared
82. When two friends feel the SAME way, that's called —
(A) a problem (B) a mistake (C) an overlap (D) a difference
83. When two friends feel DIFFERENTLY, that's —
(A) a problem (B) a sign of a bad friendship (C) wrong (D) normal and okay
84. Noticing an overlap can help friends feel —
(A) distant (B) confused (C) annoyed (D) connected ('me too!')
85. Noticing a difference can help friends —
(A) fight (B) ignore each other (C) understand each other better (D) grow distant
86. A difference in feelings does NOT mean —
(A) feelings vary (B) someone is wrong (C) it's okay (D) people are different

Write the answer

87. If you feel happy and a friend feels sad, the caring response is to —
Answer: _____
88. Two friends can care about each other AND —
Answer: _____
89. Respecting a friend's different feeling means —
Answer: _____
90. Overlaps and differences both help friends —
Answer: _____

Match each question to its answer

1. A difference in a temp-check is an invitation to — →
2. Which shows respect for a difference? →
3. Overlaps are nice, but differences are — →
4. Feeling differently from a friend is — →
5. Noticing overlaps and differences over time reveals — →

- (A) "I feel excited, but I get that you're nervous — that makes sense."
 - (B) just as valuable for understanding
 - (C) get curious about the other person
 - (D) part of being two different people
 - (E) how you each tend to feel
-

10. Empathy & Attunement

Circle the correct answer

91. 'Empathy' is —
(A) understanding and sharing another person's feelings (B) only your own feelings
(C) the weather (D) ignoring feelings
92. Empathy and attunement work together because —
(A) they are opposites (B) they're unrelated (C) attuning helps you notice feelings to empathize with (D) they cancel out
93. Showing empathy can be as simple as —
(A) "That sounds really hard." (B) "That's not a big deal." (C) "Get over it." (D) "Whatever."
94. Empathy helps a friend feel —
(A) ignored (B) understood and less alone (C) judged (D) worse
95. Empathy does NOT require —
(A) listening (B) imagining their feelings (C) caring (D) having the exact same experience
96. A caring empathy thought is —
(A) "Why do they care?" (B) "Only I matter." (C) "That's silly." (D) "How might this feel for them?"

Write the answer

97. Empathy means you can care about a feeling even if —
Answer: _____

98. Listening carefully is —

Answer: _____

99. Empathy is a SKILL that —

Answer: _____

100. Empathy helps you respond to a friend —

Answer: _____

Match each question to its answer

1. A barrier to empathy is — →

2. Empathy without trying to 'fix' everything means — →

3. Which shows empathy in a temp-check? →

4. Empathy builds — →

5. Feeling empathy for yourself (self-compassion) is — →

(A) also important

(B) "I hear that you're feeling down today."

(C) sometimes just being present is enough

(D) being caught up only in your own feelings

(E) trust and closeness

11. Feelings Change Over Time

Circle the correct answer

101. Feelings usually —

(A) never change (B) stay the same forever (C) don't exist (D) change over time

102. A hard feeling right now —

(A) will last forever (B) should be hidden (C) will likely shift with time (D) means something is wrong with you

103. Tracking feelings over days can reveal —

(A) the weather (B) your grades only (C) patterns (D) nothing

104. Noticing a pattern (like 'I feel anxious before tests') helps you —

(A) feel worse (B) ignore it (C) prepare and care for yourself (D) hide it

105. Daily temp-checks build a —

(A) single snapshot only (B) picture of feelings over time (C) the weather report
(D) no information

106. If you notice you've felt down for a long time, a caring step is to —
(A) hide it (B) reach out to someone you trust (C) ignore it (D) handle it all alone

Write the answer

107. Feelings changing shows they are —
Answer: _____
108. A feeling tracker or check-in log helps you —
Answer: _____
109. Noticing that a friend has seemed sad for a while is —
Answer: _____
110. Patterns can help you understand —
Answer: _____

Match each question to its answer

1. A caring thought about changing feelings is — →
 2. Feelings can change because of — →
 3. Knowing feelings change helps you — →
 4. A sudden change in a friend's feelings might be worth — →
 5. Tracking feelings is a form of — →
- (A) self-awareness over time
(B) be patient with hard feelings
(C) "This feeling is real now, and it will pass."
(D) events, sleep, food, or just time
(E) a gentle check-in
-

12. Responding to Feelings

Circle the correct answer

111. 'Co-regulation' means —
(A) only calming yourself alone (B) the weather (C) helping each other feel calmer or steadier (D) ignoring feelings
112. When a friend is upset, a calm presence can —
(A) help them feel steadier (B) upset them more (C) do nothing (D) make it worse always

- 113.** A caring response to a friend's strong feeling is to —
(A) walk away (B) tell them to stop (C) panic with them (D) stay calm and be present
- 114.** You don't have to FIX a friend's feeling; sometimes they just need —
(A) a solution (B) you to change it (C) to be heard (D) advice
- 115.** Calming your OWN feelings first can help you —
(A) ignore the friend (B) avoid them (C) support a friend better (D) make it worse
- 116.** A grounding technique to share with an upset friend is —
(A) running away (B) yelling (C) ignoring them (D) slow breathing together

Write the answer

- 117.** Co-regulation is a two-way street because —
Answer: _____
- 118.** Which helps an upset friend most?
Answer: _____
- 119.** Responding to feelings with kindness builds —
Answer: _____
- 120.** It's okay to say to a friend —
Answer: _____

Match each question to its answer

1. If you don't know how to help, you can still — →
 2. Co-regulation works because feelings are — →
 3. Responding to your OWN big feelings might include — →
 4. A friend who helps you feel calm is practicing — →
 5. Responding well to feelings is a skill of — →
- (A) taking a break to calm down
(B) affected by the people around us
(C) self-management and relationship skills
(D) co-regulation
(E) listen and stay present
-

13. When Feelings Are Big

Circle the correct answer

121. A 'big feeling' is —

- (A) a small worry (B) a strong emotion that can feel overwhelming (C) the weather
(D) a weakness

122. Big feelings are —

- (A) normal and okay to have (B) signs you're broken (C) always dangerous (D)
shameful

123. When a feeling is big, a helpful first step is to —

- (A) pause and take a slow breath (B) hide it (C) act on it instantly (D) ignore it

124. Grounding techniques (like naming 5 things you see) help by —

- (A) speeding things up (B) making it worse (C) bringing you back to the present
(D) hiding the feeling

125. 'Overwhelm' is when feelings feel —

- (A) small and easy (B) too big to handle all at once (C) not there (D) always calm

126. When overwhelmed, it can help to —

- (A) do everything at once (B) ignore it (C) slow down and take one small step (D)
panic

Write the answer

127. A big feeling does NOT mean you have to —

Answer: _____

128. If a big feeling is too much to handle alone, it's okay to —

Answer: _____

129. Calming a big feeling doesn't mean —

Answer: _____

130. A caring thought during a big feeling is —

Answer: _____

Match each question to its answer

1. Movement (walking, stretching) can help a big feeling by — →

2. Big feelings usually — →

3. Supporting a friend with a big feeling means — →

4. A 'calm-down plan' (things that help you settle) is — →

5. Big feelings are part of — →

- (A) useful to have ready
 - (B) pass with time and care
 - (C) releasing some of the energy
 - (D) staying calm and being there
 - (E) being human
-

14. Honesty & Safety in Sharing

Circle the correct answer

131. Sharing your feelings honestly helps others —

- (A) leave (B) judge you (C) get confused (D) understand and support you

132. You get to decide —

- (A) nothing about sharing (B) that you must share everything (C) how much of your feelings to share, and with whom (D) that others control it

133. It's safest to share deep feelings with —

- (A) anyone at all (B) strangers online (C) people who've been unkind (D) people you trust

134. A safe person to share feelings with —

- (A) dismisses your feelings (B) listens without judging (C) makes fun of you (D) shares your secrets

135. If someone dismisses or mocks your feelings, it's okay to —

- (A) blame yourself (B) share less with them and more with safe people (C) hide all feelings forever (D) keep sharing with them

136. Setting a boundary about your feelings (like 'I don't want to talk right now') is —

- (A) always mean (B) rude (C) wrong (D) healthy and okay

Write the answer

137. If a feeling is too big or you feel unsafe, a caring step is to —

Answer: _____

138. Trust for sharing feelings is —

Answer: _____

139. When a friend shares a feeling with you, keeping it private (unless they're unsafe) shows —

Answer: _____

140. If a friend shares that they feel unsafe or want to hurt themselves, the caring step is to —

Answer: _____

Match each question to its answer

1. A caring sharing thought is — →
2. Honest sharing works best when it's — →
3. You don't owe anyone — →
4. Sharing feelings can feel vulnerable, and that vulnerability with safe people is — →
5. Honesty in a temp-check builds — →

- (A) a strength
 - (B) matched with safe, caring listeners
 - (C) access to your deepest feelings
 - (D) real trust and connection
 - (E) "I can share honestly with people who are safe."
-

15. Attunement in Relationships

Circle the correct answer

141. Attunement builds closeness because —

- (A) it hides feelings
- (B) it causes conflict
- (C) people feel understood and cared for
- (D) it creates distance

142. A relationship with regular attunement tends to be —

- (A) one-sided
- (B) more fragile
- (C) more distant
- (D) closer and more supportive

143. Attunement helps prevent misunderstandings by —

- (A) keeping people tuned in to each other
- (B) creating distance
- (C) hiding feelings
- (D) causing confusion

144. When you feel attuned-to by a friend, you likely feel —

- (A) judged
- (B) alone
- (C) ignored
- (D) safe and valued

145. Attunement in a friendship goes —

- (A) both ways
- (B) no way
- (C) the setting
- (D) one way only

146. Missing a friend's feelings sometimes is —

- (A) normal; you can repair it by checking in
- (B) the end of the friendship
- (C) unforgivable
- (D) a permanent failure

Write the answer

147. Attunement makes support —

Answer: _____

148. A caring attuned relationship makes room for —

Answer: _____

149. Over time, attunement helps two people —

Answer: _____

150. Attunement includes attuning to —

Answer: _____

Match each question to its answer

1. A friendship where both people attune becomes — →

2. Attunement is especially important during — →

3. A caring attuned response to a friend's news depends on — →

4. Attunement helps friendships — →

5. The habit of checking in keeps a relationship — →

(A) a source of comfort and trust

(B) how they feel about it, not just the news

(C) attuned over time

(D) weather ups and downs together

(E) hard times

16. Capstone: Staying Attuned

Circle the correct answer

151. Staying attuned combines —

(A) self-awareness, empathy, check-ins, and care (B) ignoring feelings (C) only self-awareness (D) only empathy

152. Attunement starts with —

(A) judging feelings (B) ignoring feelings (C) noticing feelings, yours and others' (D) hiding feelings

153. A temp-check is a tool for —

(A) avoiding a friend (B) staying tuned in over time (C) grading feelings (D) ignoring feelings

154. Feelings that overlap or differ are —

(A) both normal and valuable (B) graded (C) a problem (D) always identical

155. There are no 'wrong' feelings, only —

(A) graded ones (B) right and wrong ones (C) good and bad ones (D) feelings to understand and care for

156. Attunement helps relationships by —

(A) hiding feelings (B) building understanding, trust, and closeness (C) creating distance (D) causing conflict

Write the answer

157. Your SAFETY and wellbeing come —

Answer: _____

158. Big feelings can be cared for by —

Answer: _____

159. Feelings change over time, which brings —

Answer: _____

160. A caring attunement mindset is —

Answer: _____

Match each question to its answer

1. Attunement is a lifelong SKILL that — →

2. The two-way temp-check works because it's — →

3. Empathy is at the heart of attunement because it — →

4. Attuning to yourself first helps you — →

5. The single most important thing about attunement is — →

(A) tuning in to feelings with care builds understanding and connection

(B) keeps growing with practice

(C) regular, honest, and mutual

(D) helps you understand and care about others' feelings

(E) attune to others more openly

Riddle & Joke Break

Guess the answer, then check the key!

- 161.** Naming a feeling out loud or in your head can help calm it. What's the short phrase for this idea?
- 162.** Feelings come and go, arriving and passing like something in the sky. What are they often compared to?
- 163.** Is anger a "bad" feeling that you're not allowed to have?
- 164.** What's a simple way to help your body calm down when you feel overwhelmed?
- 165.** A "feeling" and an "action" are different. Can you feel furious without doing anything unkind?
- 166.** Where do feelings often show up first -- in your thoughts or in your body?
- 167.** Can you feel two different things at once, like nervous AND excited before a big game?
- 168.** Which is a kinder, clearer way to speak up: "You always ignore me!" or "I feel left out when that happens"?
- 169.** Why did the feelings thermometer feel useful?
- 170.** Why are feelings like weather?
- 171.** Why did naming the feeling help?
- 172.** Why did the deep breath win the day?
- 173.** Why is it okay to feel grumpy sometimes?
- 174.** Why did the butterflies in the stomach make sense?

Fun Facts

- Did you know? Putting a feeling into words -- sometimes called "name it to tame it" -- can actually help calm it. Studies show that labeling an emotion engages the thinking part of your brain and eases the intensity!
- Did you know? Feelings are a lot like weather -- they arrive, stay a while, and pass. No feeling, no matter how big, lasts forever. Knowing that can make a hard moment easier to ride out!
- Did you know? There are no "bad" emotions -- every feeling is a signal. Fear says "pay attention," sadness says "something matters to you," and anger often says "a boundary was crossed." They're all useful information!
- Did you know? Slow, deep breathing -- especially long exhales -- helps switch on your body's "calm-down" system (the parasympathetic nervous system). It's one of

the fastest, free tools for settling big feelings!

- Did you know? Feelings often show up in your BODY before your mind names them -- a racing heart, tight shoulders, or "butterflies." Noticing those body clues is a real self-awareness skill!
 - Did you know? You can feel two emotions at the same time, like being nervous AND excited before a big event. Mixed feelings are completely normal -- humans are wonderfully complicated!
 - Did you know? A "feeling" and an "action" are separate things. You can feel very angry and still CHOOSE a calm response. Recognizing that gap -- between feeling and doing -- is one of the most powerful skills there is!
 - Did you know? An "I-statement" ("I feel worried when...") is easier for others to hear than a "you-statement" ("You always..."). It shares your feeling honestly without putting the other person on the defensive!
-

Answer Key

1. B — being tuned in to feelings — your own and others'
2. D — noticing how they seem to be feeling
3. B — a quick check-in on how someone is feeling
4. B — helping people feel understood
5. C — noticing your own feelings
6. C — noticing when a friend is upset
7. can be practiced and grown
8. keep your connection strong
9. two people tune in to each other
10. "You seem quieter than usual — are you okay?"
Matching (What Is Attunement?): 1→C, 2→B, 3→A, 4→E, 5→D
11. B — putting a word to what you feel
12. A — feel a little calmer and clearer
13. A — describe how you feel more exactly
14. A — Frustrated

15. B — 'wrong' feelings
 16. B — disappointed, worried, or lonely
 17. proud, grateful, or excited
 18. understand what you need
 19. more than one feeling at once
 20. describe it (heavy, buzzy, tight)
- Matching (Naming Feelings): 1→C, 2→E, 3→B, 4→A, 5→D

21. A — signals that give information
 22. D — comfortable and uncomfortable ones
 23. D — something matters to you
 24. A — something feels unfair to you
 25. B — okay to have
 26. B — command telling you what to do
 27. make it harder to understand what you need
 28. a natural signal of caring
 29. good decisions when you listen to them wisely
 30. something is going well for you
- Matching (Feelings Are Signals): 1→E, 2→B, 3→C, 4→D, 5→A
31. C — the body
 32. D — butterflies in your stomach
 33. D — heat in your face or a clenched jaw
 34. D — recognize a feeling early
 35. D — calm down
 36. D — a strong feeling
 37. learning your own weather report
 38. a relaxed, easy body
 39. different for different people
 40. clues to your feelings

Matching (The Body & Feelings): 1→D, 2→A, 3→C, 4→B, 5→E

- 41. A — emotional granularity
- 42. B — annoyed, frustrated, or furious
- 43. B — they capture exactly what you feel
- 44. A — feeling 'terrified'
- 45. D — you share how you feel more clearly
- 46. B — content, joyful, or thrilled
- 47. handle feelings a bit better
- 48. 'I feel uneasy and a little unsure'
- 49. practice and a bigger feeling vocabulary
- 50. offering many precise words to choose from

Matching (Getting Specific): 1→A, 2→C, 3→E, 4→B, 5→D

- 51. A — pausing to notice how you feel
- 52. D — "How am I feeling right now?"
- 53. A — understand and care for your feelings
- 54. D — at the start or end of the day
- 55. B — get curious about what you need
- 56. B — body, thoughts, and feelings
- 57. all feelings are okay
- 58. notice patterns in your feelings over time
- 59. care for yourself and maybe reach out

- 60. make better choices

Matching (Checking In With Yourself): 1→A, 2→B, 3→D, 4→E, 5→C

- 61. A — asking or noticing how they're feeling
- 62. B — "How are you really doing?"
- 63. D — face, body, and tone of voice
- 64. D — gently ask if they want to talk
- 65. D — really listen to their answer

- 66. A — that you care about them
- 67. respect that and let them know you're there
- 68. genuine, not just going through the motions
- 69. listen and be with them
- 70. attunement

Matching (Checking In With Others): 1→D, 2→C, 3→E, 4→A, 5→B

- 71. D — a quick two-way check-in on how each person is feeling
- 72. B — two people check in with each other
- 73. B — how they're feeling (often with a feeling word or card)
- 74. D — understand each other's feelings
- 75. C — keep a friendship tuned in over time
- 76. D — sharing real feelings builds real understanding
- 77. both people listen without judging
- 78. all feelings are okay
- 79. share as much as feels safe

- 80. a card showing a feeling to pick

Matching (The Temp-Check): 1→D, 2→C, 3→E, 4→B, 5→A

- 81. C — overlap or be different
- 82. C — an overlap
- 83. D — normal and okay
- 84. D — connected ('me too!')
- 85. C — understand each other better
- 86. B — someone is wrong
- 87. care about their sadness even while you feel happy
- 88. feel completely different things
- 89. not telling them they shouldn't feel it
- 90. know each other more truly

Matching (Overlaps & Differences): 1→C, 2→A, 3→B, 4→D, 5→E

- 91. A — understanding and sharing another person's feelings
- 92. C — attuning helps you notice feelings to empathize with
- 93. A — "That sounds really hard."
- 94. B — understood and less alone
- 95. D — having the exact same experience
- 96. D — "How might this feel for them?"
- 97. you would feel differently yourself
- 98. a key part of empathy
- 99. grows with practice
- 100. in a way that actually helps them

Matching (Empathy & Attunement): 1→D, 2→C, 3→B, 4→E, 5→A

- 101. D — change over time
- 102. C — will likely shift with time
- 103. C — patterns
- 104. C — prepare and care for yourself
- 105. B — picture of feelings over time
- 106. B — reach out to someone you trust
- 107. temporary, not permanent
- 108. see how your feelings shift
- 109. important attunement

- 110. what affects your feelings

Matching (Feelings Change Over Time): 1→C, 2→D, 3→B, 4→E, 5→A

- 111. C — helping each other feel calmer or steadier
- 112. A — help them feel steadier
- 113. D — stay calm and be present
- 114. C — to be heard
- 115. C — support a friend better
- 116. D — slow breathing together

117. friends help each other over time

118. "I'm here with you."

119. trust and safety

120. "I want to help — what do you need?"

Matching (Responding to Feelings): 1→E, 2→B, 3→A, 4→D, 5→C

121. B — a strong emotion that can feel overwhelming

122. A — normal and okay to have

123. A — pause and take a slow breath

124. C — bringing you back to the present

125. B — too big to handle all at once

126. C — slow down and take one small step

127. act on it right away

128. reach out to a trusted person

129. the feeling was wrong

130. "This is really big right now, and I can get through it."

Matching (When Feelings Are Big): 1→C, 2→B, 3→D, 4→A, 5→E

131. D — understand and support you

132. C — how much of your feelings to share, and with whom

133. D — people you trust

134. B — listens without judging

135. B — share less with them and more with safe people

136. D — healthy and okay

137. tell a trusted adult

138. built over time

139. you're trustworthy

140. help them tell a trusted adult right away

Matching (Honesty & Safety in Sharing): 1→E, 2→B, 3→C, 4→A, 5→D

141. C — people feel understood and cared for

- 142. D — closer and more supportive
- 143. A — keeping people tuned in to each other
- 144. D — safe and valued
- 145. A — both ways
- 146. A — normal; you can repair it by checking in
- 147. fit what the person actually needs
- 148. both people's feelings
- 149. know each other deeply

150. yourself AND the other person

Matching (Attunement in Relationships): 1→A, 2→E, 3→B, 4→D, 5→C

- 151. A — self-awareness, empathy, check-ins, and care
- 152. C — noticing feelings, yours and others'
- 153. B — staying tuned in over time
- 154. A — both normal and valuable
- 155. D — feelings to understand and care for
- 156. B — building understanding, trust, and closeness
- 157. first, even in sharing feelings
- 158. pausing, breathing, and reaching out
- 159. hope during hard moments
- 160. "I'll stay tuned in to feelings — mine and others' — with care."

Matching (Capstone: Staying Attuned): 1→B, 2→C, 3→D, 4→E, 5→A
- 161. "Name it to tame it"! Labeling an emotion helps your brain settle it down.
- 162. The weather! Feelings, like clouds, roll in, stay a while, and eventually pass.
- 163. No! All feelings are okay to HAVE. Anger is a normal signal -- what matters is what you choose to DO with it.
- 164. Slow, deep breathing! Breathing out slowly tells your nervous system it's safe to settle.
- 165. Yes! You can notice a strong feeling AND still choose a calm, kind action. Feelings don't control your choices.

166. Often in your body! A racing heart, tight shoulders, or butterflies can signal a feeling before you have a word for it.
167. Yes! Mixed feelings are completely normal -- humans can hold more than one emotion at the same time.
168. The second -- an "I-statement"! It names your own feeling honestly without blaming the other person.
169. Because checking in tells you how you're doing before you overheat!
170. Because they roll in, hang around a while, and then move on -- and none of them last forever!
171. Because "name it to tame it" -- putting a word to it makes a big feeling feel more manageable!
172. Because slowing your breathing helps your body settle down!
173. Because ALL feelings are allowed -- even the uncomfortable ones have something to tell you!
174. Because feelings often show up in your BODY before you even have a word for them!

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