

Tempcheck – Joke Book

A Spark & Anvil joke book. Groan-worthy puns, tricky riddles, silly nonsense, and real fun facts from the world of Tempcheck – read them out loud and make someone laugh.

Why did the feelings thermometer feel useful?

Because checking in tells you how you're doing before you overheat!

How to use this book

Read a joke, pause at the question, and try to guess the answer before you read on. Best of all: read them out loud to a friend, a grown-up, or your class. A good laugh makes the tricky stuff easier – that's real science.

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Puns

Why did the feelings thermometer feel useful?

💡 Because checking in tells you how you're doing before you overheat!

Why are feelings like weather?

💡 Because they roll in, hang around a while, and then move on -- and none of them last forever!

Why did naming the feeling help?

💡 Because "name it to tame it" -- putting a word to it makes a big feeling feel more manageable!

Why did the deep breath win the day?

💡 Because slowing your breathing helps your body settle down!

Why is it okay to feel grumpy sometimes?

💡 Because ALL feelings are allowed -- even the uncomfortable ones have something to tell you!

Why did the butterflies in the stomach make sense?

💡 Because feelings often show up in your BODY before you even have a word for them!

Why did the mood meter have four corners?

💡 Because feelings can be high or low energy AND pleasant or unpleasant!

Why is a feeling not the same as an action?

💡 Because you can feel angry without doing anything unkind -- feelings and choices are two different things!

Why did checking in with yourself count as a skill?

💡 Because noticing how you feel is the first step to taking care of yourself!

Why did the big feeling get smaller when shared?

💡 Because talking to someone you trust can lighten the load!

Why did the calm-down corner have soft cushions?

💡 Because everyone deserves a gentle place to reset!

Why did "how are you, really?" mean more than "how are you?" Because a real check-in looks past the automatic "I'm fine"!

Why can two feelings show up at once?

💡 Because you can be nervous AND excited about the same thing -- feelings love company!

Why did the countdown from five help?

💡 Because giving a big feeling a few slow seconds gives your thinking brain time to catch up!

Why is "I feel..." a stronger sentence than "you always..."?

💡 Because naming your OWN feeling is honest and doesn't blame anyone!

Why did the feeling get less scary once described?

💡 Because a feeling you can name and describe feels less like a mystery!

Why did stretching help a stressful moment?

💡 Because your body and your feelings are connected -- move the body, ease the mind!

Why is being kind to yourself a real skill?

💡 Because talking to yourself like a good friend is a superpower worth practicing!

Why did the check-in have no wrong answers?

💡 Because whatever you're feeling right now is exactly the right thing to notice!

Why is noticing a small feeling early so smart?

💡 Because a spark is easier to handle than a bonfire!

Riddles

Naming a feeling out loud or in your head can help calm it. What's the short phrase for this idea?

💡 "Name it to tame it"! Labeling an emotion helps your brain settle it down.

Feelings come and go, arriving and passing like something in the sky. What are they often compared to?

💡 The weather! Feelings, like clouds, roll in, stay a while, and eventually pass.

Is anger a "bad" feeling that you're not allowed to have?

💡 No! All feelings are okay to HAVE. Anger is a normal signal -- what matters is what you choose to DO with it.

What's a simple way to help your body calm down when you feel overwhelmed?

💡 Slow, deep breathing! Breathing out slowly tells your nervous system it's safe to settle.

A "feeling" and an "action" are different. Can you feel furious without doing anything unkind?

💡 Yes! You can notice a strong feeling AND still choose a calm, kind action. Feelings don't control your choices.

Where do feelings often show up first -- in your thoughts or in your body?

💡 Often in your body! A racing heart, tight shoulders, or butterflies can signal a feeling before you have a word for it.

Can you feel two different things at once, like nervous AND excited before a big game?

💡 Yes! Mixed feelings are completely normal -- humans can hold more than one emotion at the same time.

Which is a kinder, clearer way to speak up: "You always ignore me!" or "I feel left out when that happens"?

💡 The second -- an "I-statement"! It names your own feeling honestly without blaming the other person.

When a big feeling hits, why does pausing for a few slow seconds help?

💡 Because it gives your thinking brain time to catch up with your feeling brain before you react.

A "mood meter" sorts feelings by two things: energy level and whether they feel pleasant or unpleasant. So where would "excited" go?

💡 High energy AND pleasant! Understanding both dimensions helps you name feelings more precisely.

Why does talking to a trusted person about a big feeling often help?

💡 Because sharing lightens the load -- naming it to someone who cares makes a feeling easier to carry.

Is there a "wrong answer" when you check in with how you feel?

💡 No! Whatever you notice is valid. A check-in is just honest noticing, and every feeling is allowed.

Why does describing a feeling in detail ("a tight, jittery feeling in my chest") help more than just "bad"?

💡 Because a precise description makes the feeling less of a scary mystery and easier to understand.

Your friend snaps at you and seems angry, but their eyes look watery. What might be going on?

💡 They could be feeling something ELSE, like sadness or worry, underneath the anger. Feelings often hide behind other feelings.

Why is noticing a small feeling early a smart move?

💡 Because a small feeling is easier to handle than a huge one -- catching a spark beats fighting a bonfire!

What's a gentle thing to do for yourself after a hard moment?

💡 Be kind to yourself -- talk to yourself the way you'd talk to a good friend having a rough day.

Does feeling calm mean feeling nothing?

💡 No! Calm is its own feeling -- a settled, steady one. The goal isn't to erase emotions but to feel them without being swept away.

Why might moving your body -- a stretch or a short walk -- help a stressful feeling?

💡 Because body and mind are connected. Gentle movement can help release tension and shift your mood.

A friend asks "How are you?"

💡 " and you say "Fine" automatically. What's a more honest kind of check-in? Pausing to actually notice -- "Honestly, a bit tired and worried" -- instead of the automatic "fine."

What are "big" emotions actually trying to do?

💡 Give you information! Even uncomfortable feelings are signals -- fear says "pay attention," sadness says "something matters," anger says "a boundary was crossed."

Silly Stuff

A feeling rolled in like a thundercloud, hung around dramatically, and then -- like all weather -- quietly moved on by afternoon. Feelings are visitors, not roommates. They don't sign a lease.

Someone said "I'm FINE" through gritted teeth while steam came out of their ears. The check-in gently asked, "Fine, or 'fine'?" Sometimes our mouth and our mood are telling two different stories.

A big feeling showed up expecting a fight, but the person just calmly named it -- "oh, that's worry" -- and the feeling deflated like a balloon that lost its drama. Naming it really does tame it.

A stomach full of butterflies before a big day insisted it was "definitely not nervous." The butterflies disagreed, loudly, in formation. The body keeps score even when the brain is in denial.

Nervous and Excited both showed up to the same big moment, argued about who was there first, and then realized they felt almost exactly the same. Sometimes two feelings are basically twins in different outfits.

Someone took three slow deep breaths before reacting, and their thinking brain, arriving late and out of breath, said "oh good, you waited for me." Pausing lets the wiser part of you catch up.

Anger stormed in demanding to be "let out," and the person let it be FELT without letting it be RUDE. Anger was confused. It had assumed those were the same thing. They are not.

A feeling wore a very convincing "anger" costume, and underneath it was just a tired, worried little feeling that needed a snack and a nap. Big emotions are often small ones in disguise.

Calm walked into the room so quietly that everyone assumed nothing was happening. Calm IS something happening -- it's just the least dramatic feeling and never asks for attention.

Someone spoke to themselves the way they'd talk to a friend having a bad day, and their inner critic, unemployed for the afternoon, took a well-deserved break. Self-kindness is a skill the critic hates.

A tiny spark of frustration got noticed early, handled gently, and never became a bonfire. Nobody threw a parade for the fire that DIDN'T happen, but that quiet noticing was the real win.

A person tried to "just stop feeling sad" by ordering the sadness to leave. The sadness, unbothered, stayed until it was allowed to be felt, and then left on its own. Feelings don't take orders; they take acknowledgment.

An "I feel left out" statement walked into a disagreement and, being honest and non-blaming, actually got heard -- unlike its rowdy cousin "you ALWAYS." Turns out honesty is more persuasive than accusation.

A worry showed up with a very long list of "what ifs," and a slow deep breath quietly crossed most of them off. Not everything on the worry list needs answering right this second.

A feeling insisted it would "last forever," and the calendar, unimpressed, kept turning. By next week the feeling had genuinely forgotten what it was so sure about. Feelings are terrible at predicting their own future.

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!

Did you know? Having a bigger "feelings vocabulary" -- more precise words like "frustrated," "disappointed," or "overwhelmed" instead of just "bad" -- helps you understand and handle emotions better. Words are tools!

Did you know? Talking about a feeling with someone you trust genuinely lightens the load. Sharing a worry doesn't make it silly -- it makes it smaller and easier to carry!

Did you know? Your body and mind are connected both ways. Just as feelings show up in your body, MOVING your body -- a stretch, a walk, a shake-out -- can help shift how you feel!

Did you know? Pausing for even a few seconds before reacting gives the thinking part of your brain time to catch up with the feeling part. That tiny pause is where good choices live!

Did you know? Big feelings sometimes hide other feelings. Anger can sit on top of hurt or fear. Looking gently for what's underneath a feeling can help you understand what you really need!

Did you know? Being kind to yourself -- "self-compassion" -- actually helps you bounce back faster from setbacks than being harsh with yourself. Talking to yourself like a good friend is backed by real research!

Did you know? Checking in with how you feel -- even for a few seconds a day -- builds "emotional awareness," a skill linked to better friendships, focus, and well-being. Noticing is the first step to caring for yourself!

Keep laughing

That's **70 jokes** from Tempcheck. Made someone laugh? Try making up your own – the best jokes are the ones you tell.

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