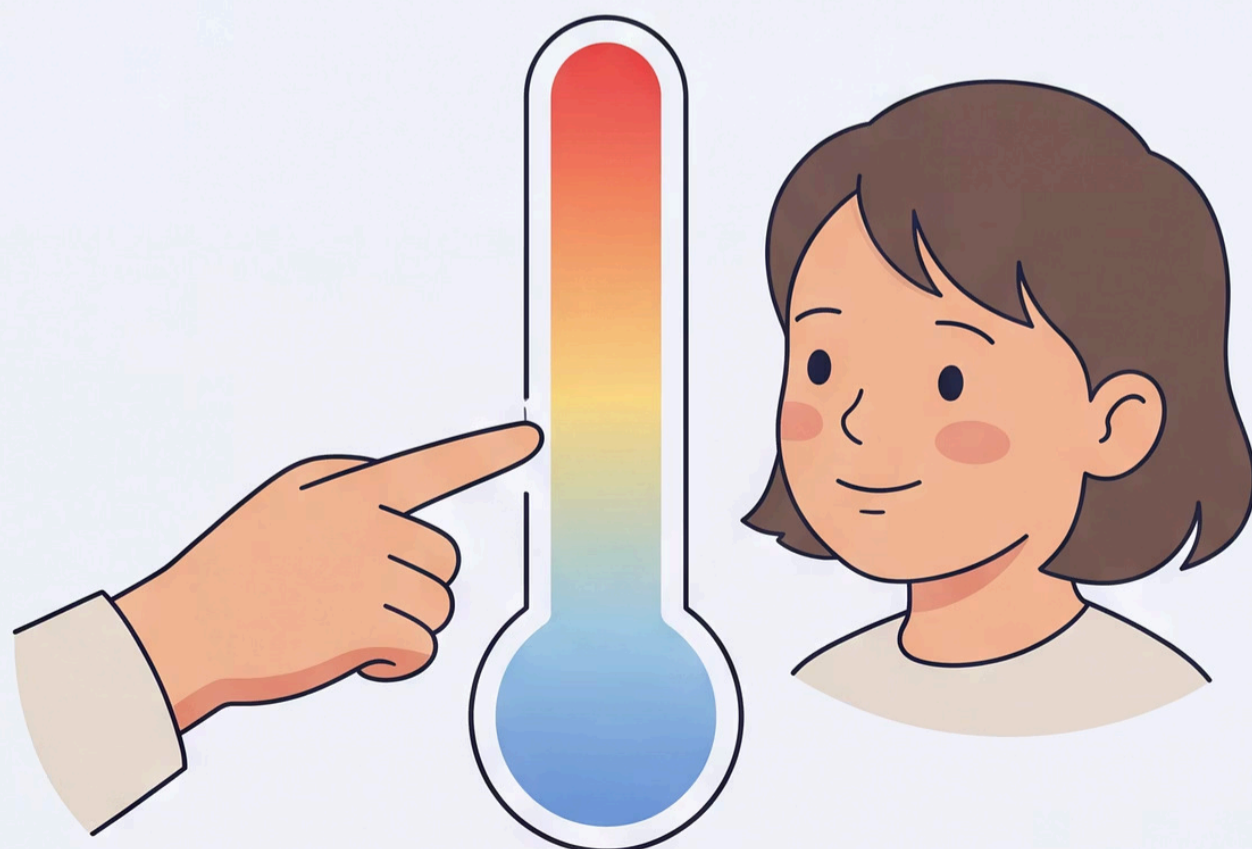


When feelings have no warning.

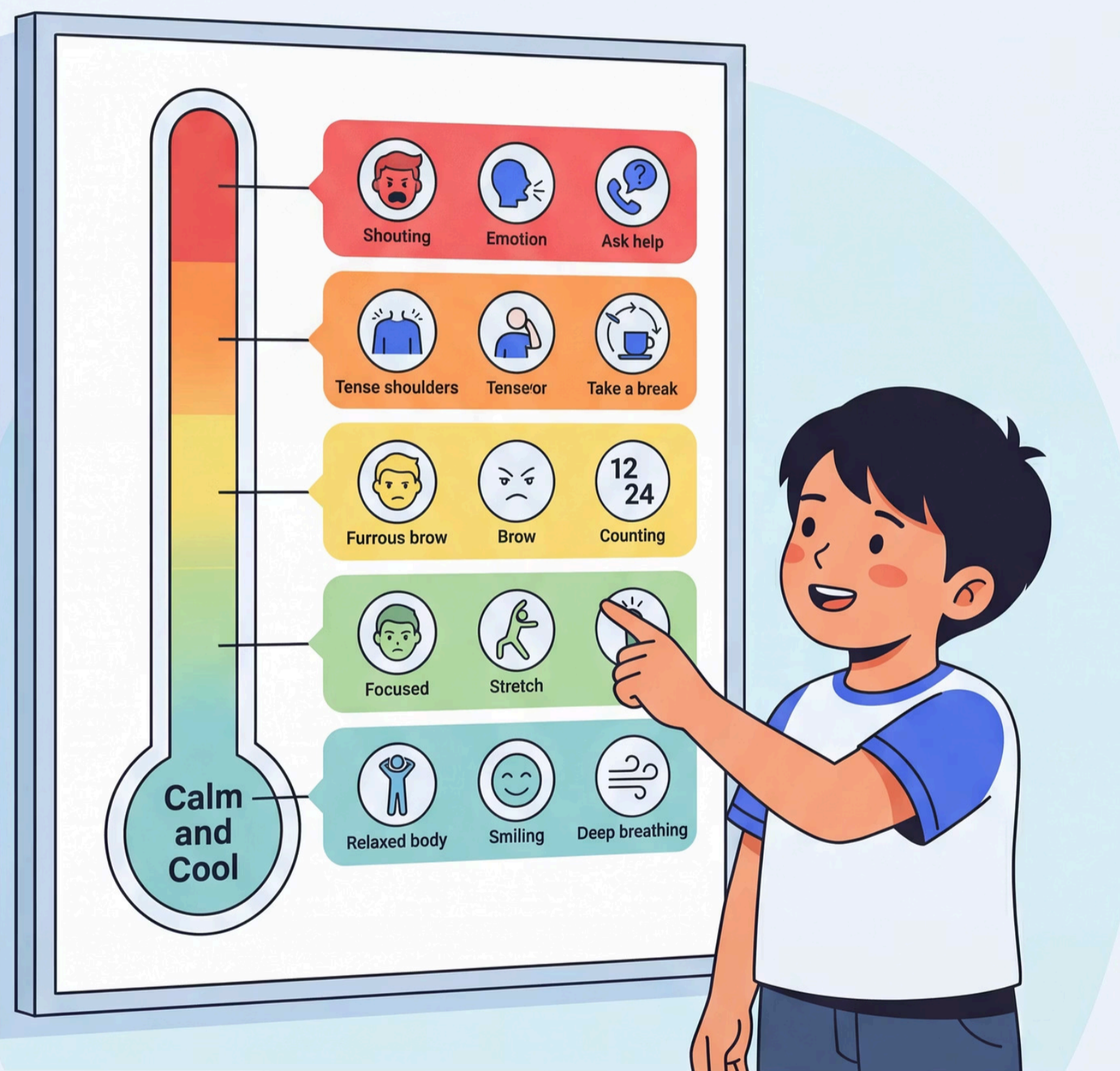
She goes from fine to explosive in seconds. No warning. No build-up. And when you ask what happened, she doesn't know.



These materials help children see their emotional temperature rising.

WALL-MOUNTED THERMOMETER CHART

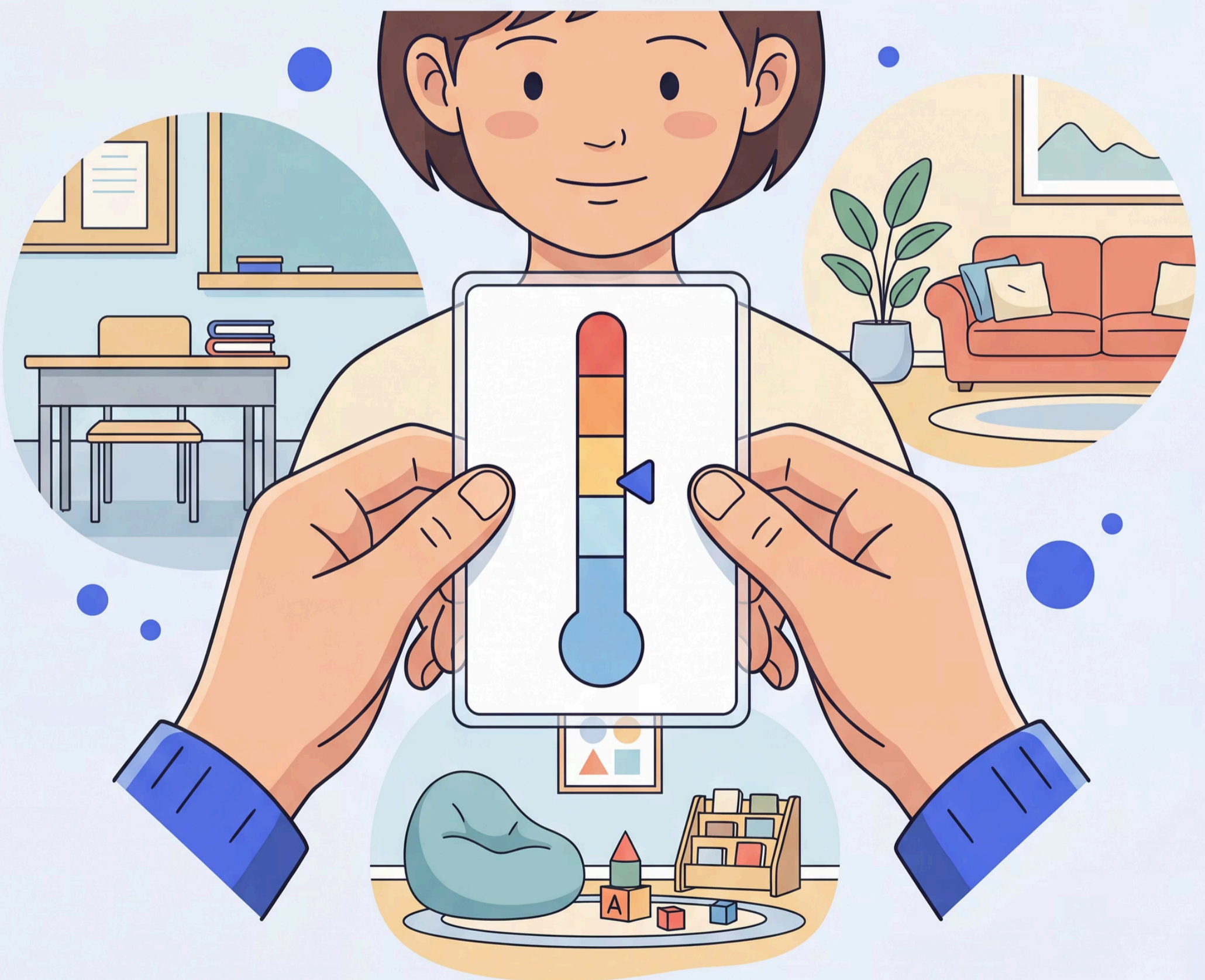
The anchor for emotional learning



Always visible, always available – it teaches children to check their temperature throughout the day.

PERSONAL THERMOMETER CARD

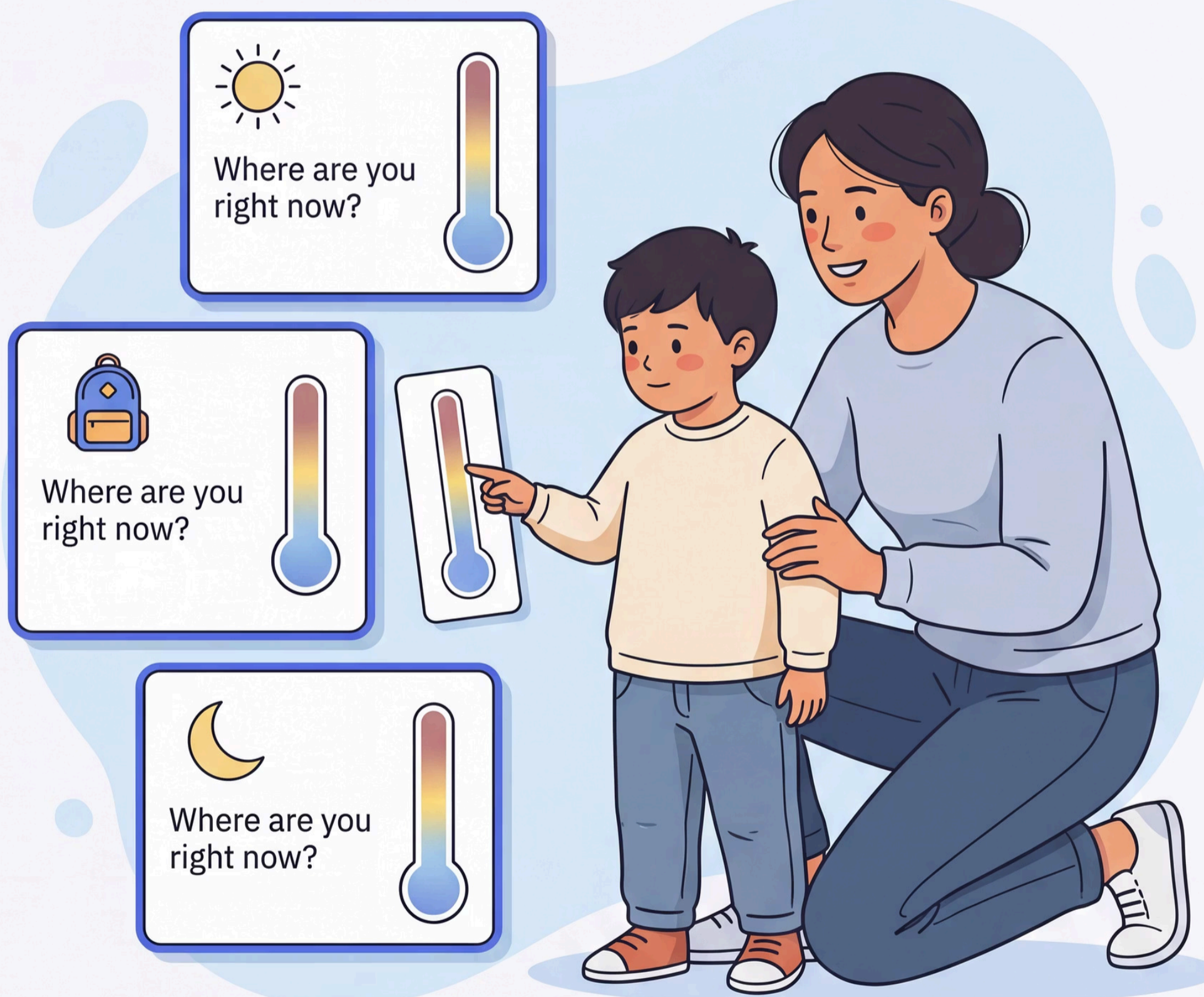
Check-ins anywhere, anytime



Show me on your thermometer works
when tell me how you feel doesn't.

CHECK-IN ROUTINE CARDS

Building the habit of self-monitoring



Regular calm check-ins build the skill that works during storms.

BODY SENSATION MAPPING

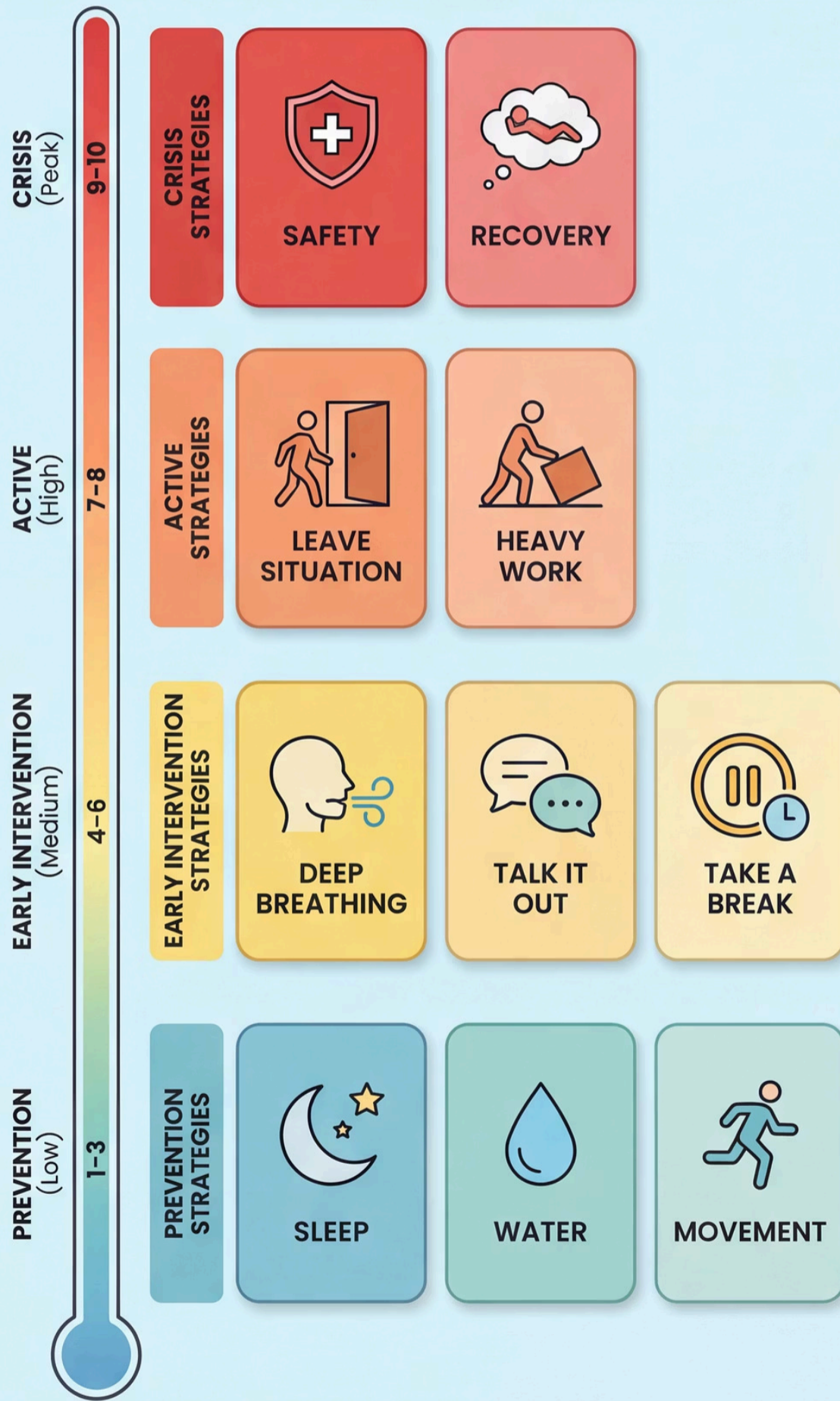
Where feelings live in your body



The body knows before the mind does.
Teach children to read their body's signals.

ZONE-MATCHED STRATEGY CARDS

The right tool for the right level



Deep breathing works at a 4. It doesn't work at a 9. Match the strategy to the level.

DIGITAL THERMOMETER APPS

Technology-powered check-ins



Pattern tracking reveals I'm always in the yellow at 3pm becomes visible data.

FEELING WORDS VOCABULARY

Names for every temperature



Are you frustrated or annoyed? Those are different temperatures.



Limited vocabulary means limited awareness. More words equals more nuanced self-understanding.

THERMOMETER STORIES STORIES

Learning through narrative



Stories show characters navigating what children are learning to navigate.




THERMOMETER GAMES

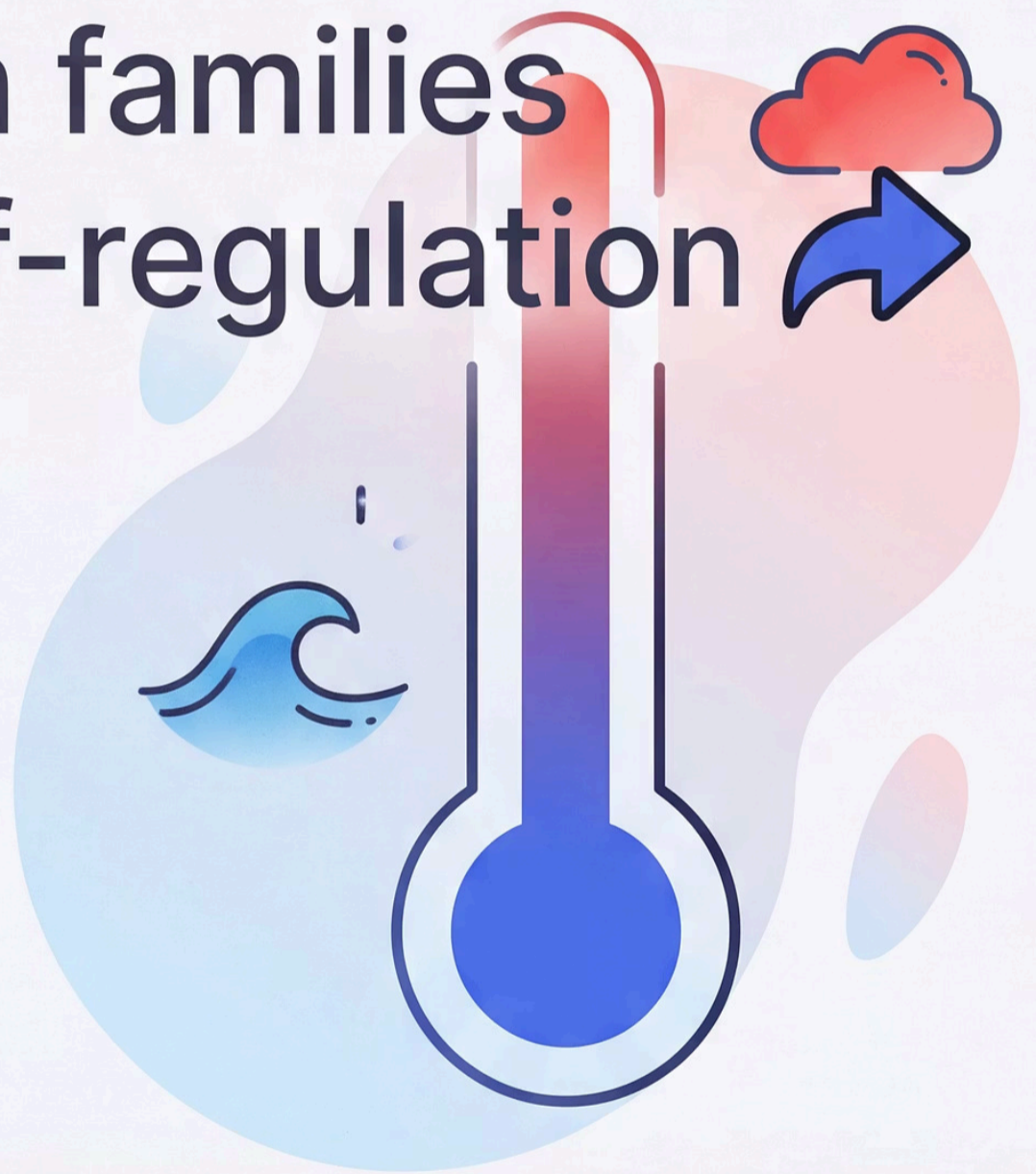
Making check-ins fun



Play is practice in disguise. Games build skills through repetition without the weight of crisis.

SAVE  **for building emotional awareness**

SHARE with families teaching self-regulation  

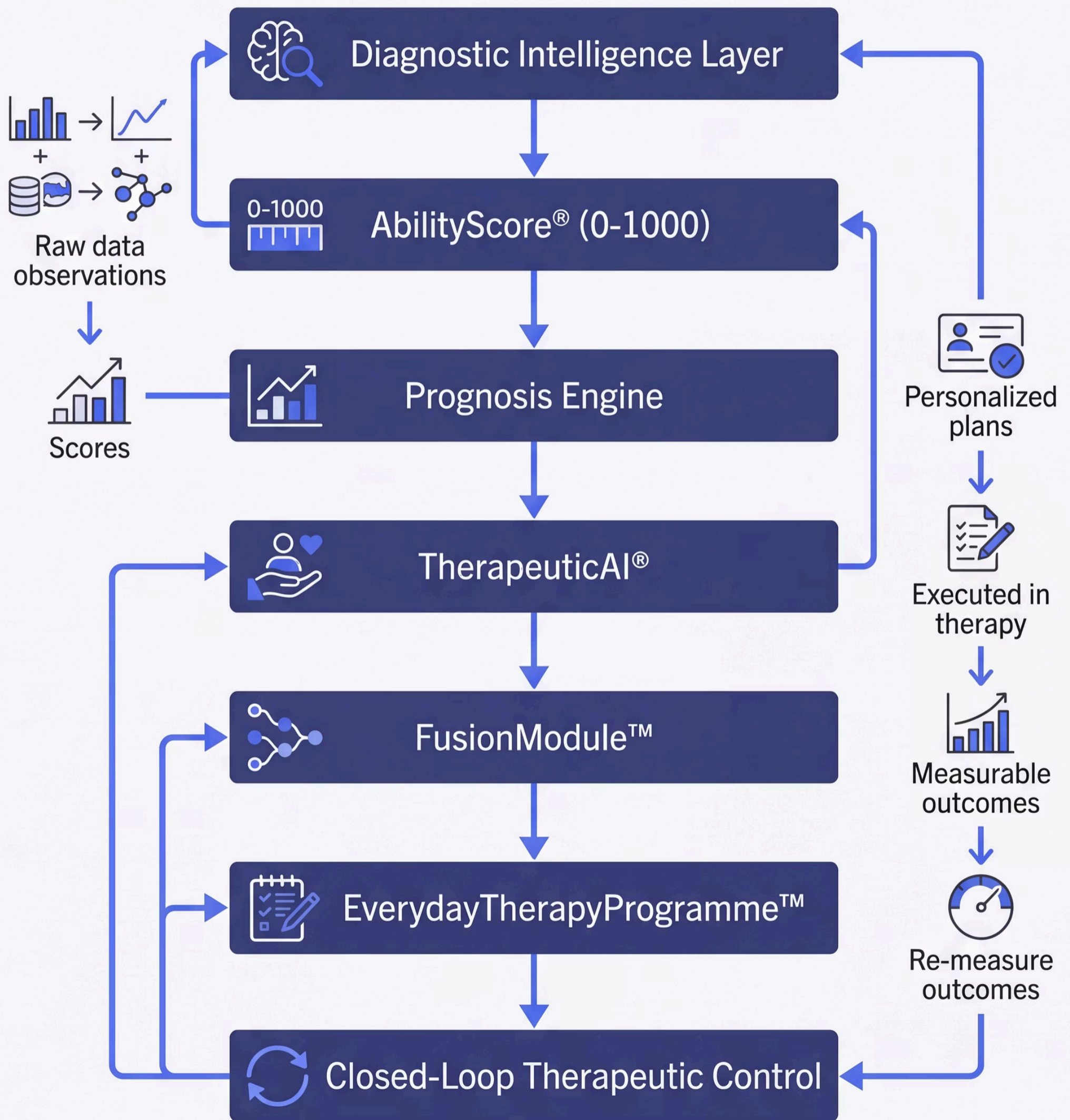


Follow for more tools that build the **awareness regulation requires.**

Coming next: 9 Materials That Help With Calm-Down Corners

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Global Pediatric Therapeutic Operating System



20M+ sessions • 97%+ improvement • 70+ centers

For guidance: FREE National Autism Helpline 9100 181 181

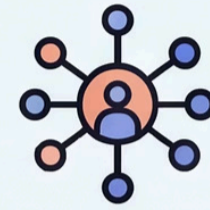
Measured Outcomes. Readiness, Not Assumptions.



20M+
Exclusive 1:1
Sessions



97%+
Measured
Improvement

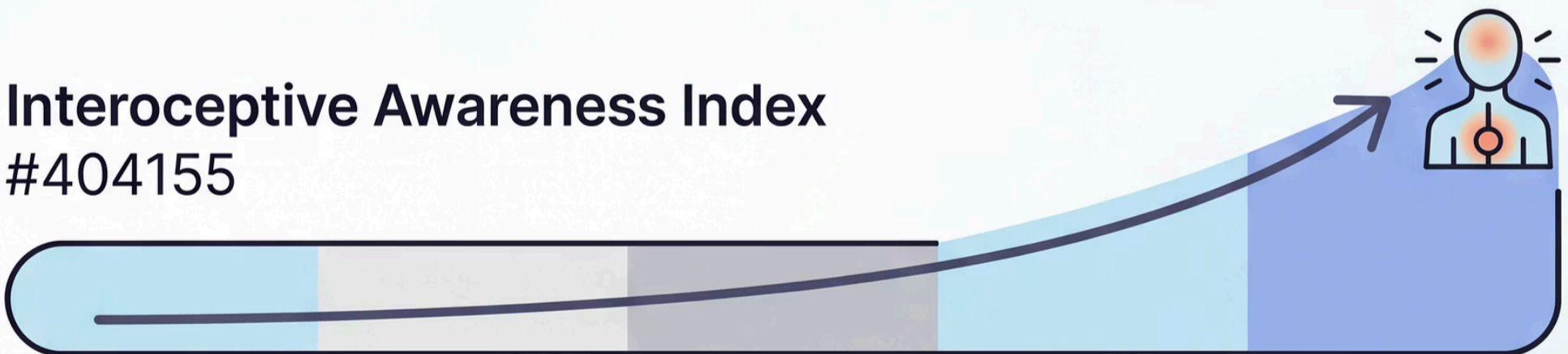


70+
Centers

Emotional Regulation Readiness Index
#404155



Interoceptive Awareness Index
#404155



She came to me and said Mom I'm in the yellow. My shoulders are tight. Can I use the squeeze machine? She NOTICED. Before it became a crisis.

Parent, Pinnacle Network

#404155

Pinnacle Blooms Network®

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20M+
sessions

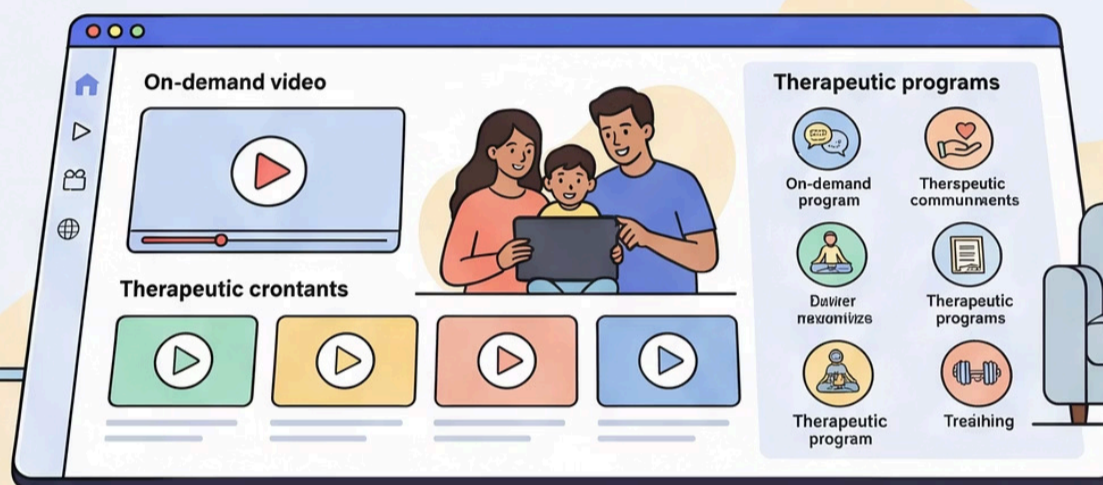


97%+
improvement

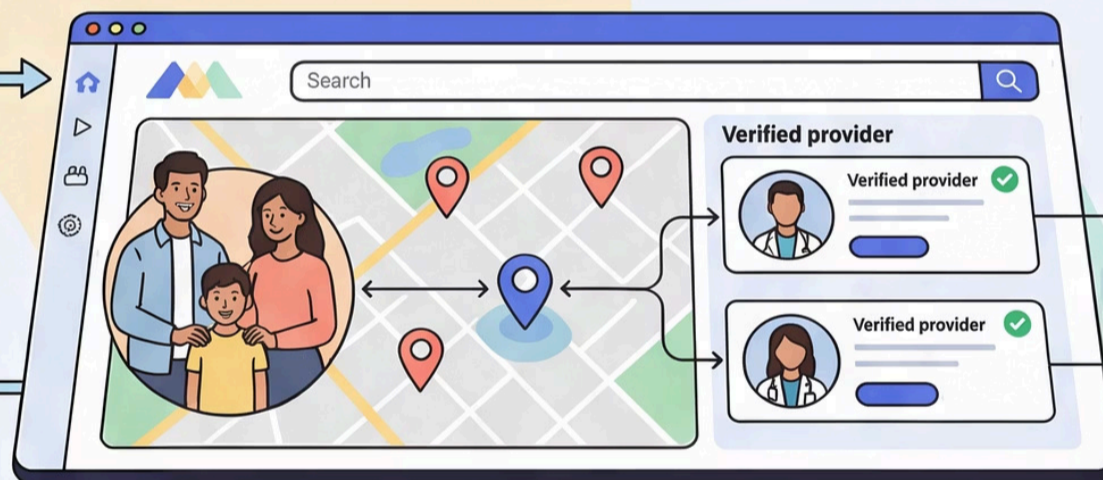


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**Center
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This content is educational. It does not replace individualized assessment and intervention planning with licensed professionals including occupational therapists, psychologists, and behavioral specialists. Emotional regulation needs vary by individual.

Individual results may vary. Statistics represent aggregate outcomes across the Pinnacle Blooms Network.

