

# The mood thermometer

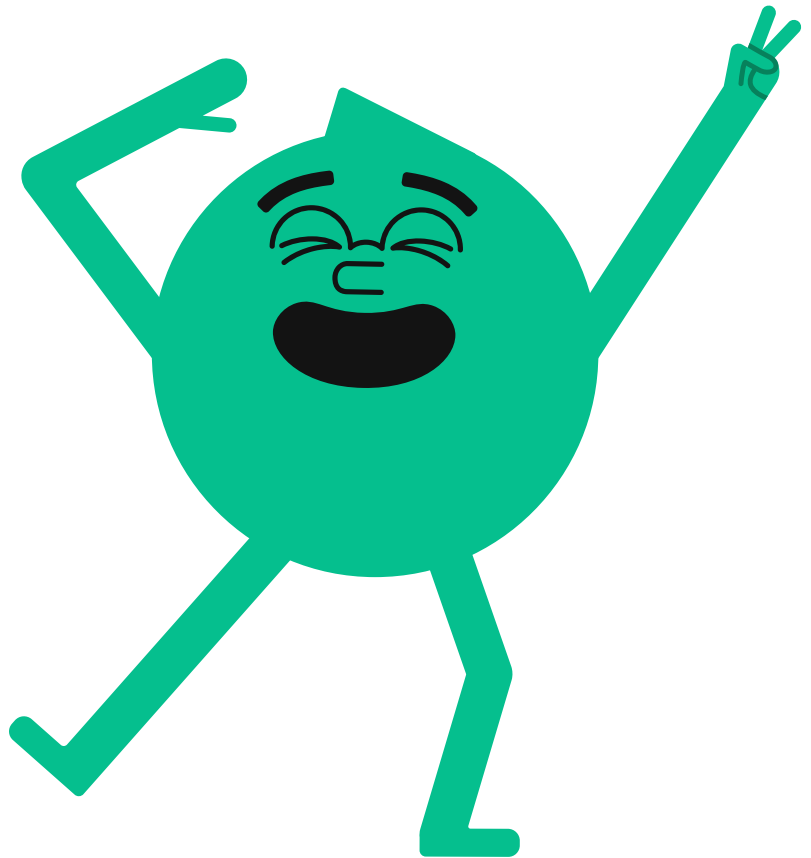


**At the end of a busy day, kids aren't always in the right headspace to sit down and focus on their homework. To help you gauge whether your child is ready to get started or whether it's time to take a break, try using our mood thermometer.**

## How it works

Before they pull out their books, ask your child how they'd rank their current mood on the thermometer. Ask them again after each homework task. If your child is at the upper end of the scale, you can take steps to help them:

- Ask your child if something is bothering them
- If they have too much energy, brainstorm ways to help them calm down
- Reschedule homework time (e.g., after dinner)
- Suggest taking a quick break
- Spend more or less time on each task
- Try using a timer
- Etc.



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