

The mood thermometer



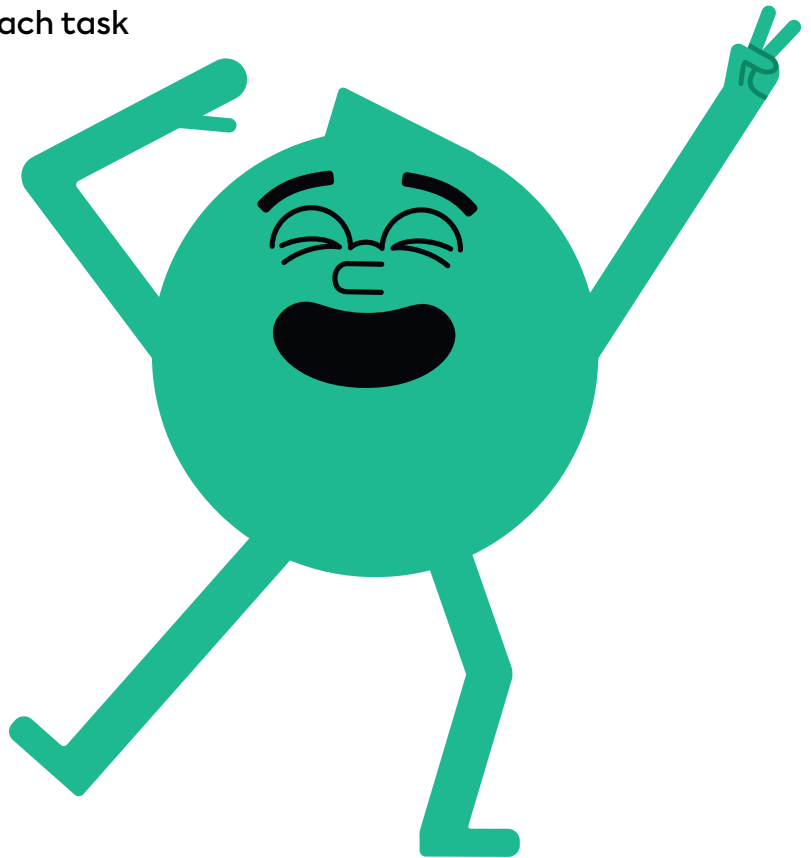
At the end of a busy day, it's not always easy to sit down and focus on your homework. Our mood thermometer can help you figure out whether you're ready to get started or whether you should take a break.

How it works

Before you pull out your books, rank your current mood on the thermometer. Do this again after each homework task.

This little exercise can help you decide what to do next:

- Ask yourself why you're feeling a certain way (e.g., distracted)
- Work with your parent on finding ways to control your emotions
- Reschedule homework time (e.g., until after dinner)
- Take a quick break
- Adjust how much time you spend on each task
- Learn how to use a timer
- Etc.



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