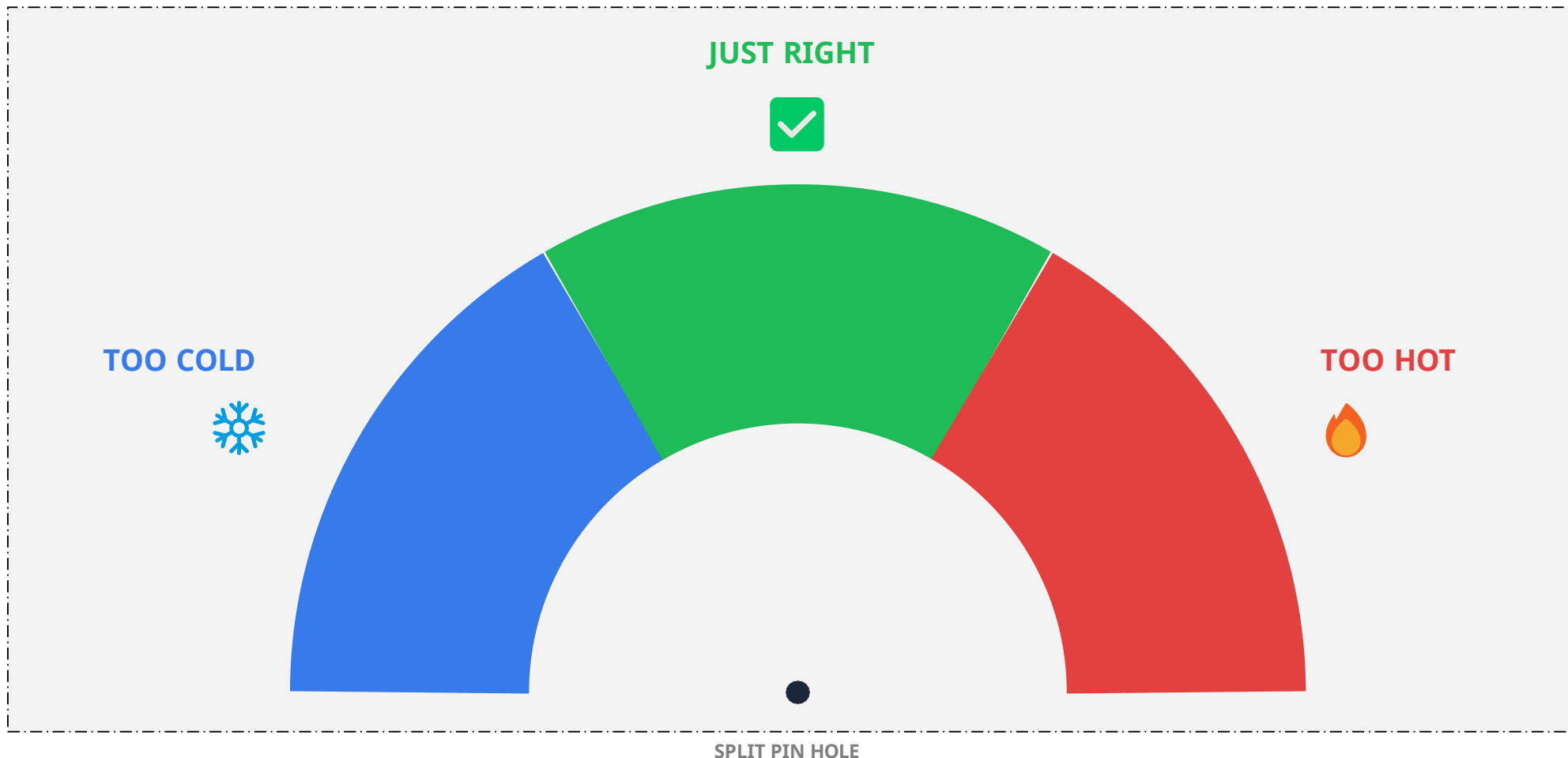




# My Body Temperature Gauge

How does your body feel right now?



*"Listening to my body's unique language"*

**FASD-CAN Aotearoa FASD Support Tool**



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January 2026



**FASD-CAN**

Fetal Alcohol Spectrum Disorder  
Care Action Network

## Assembly Instructions

1. **Print:** Print both pages on cardstock or thick paper for durability.
2. **Cut:** Cut out the **Arrow** on the right along the dashed rectangle.
3. **Poke:** Poke a small hole through the black dot on gauge (Page 1) and the white dot on the arrow.
4. **Join:** Join them together using a **split pin (brad)** so the arrow can spin freely.



### Pro Tip for Longevity:

*Laminate both pages before cutting. This creates a wipe-clean surface that can withstand daily use in homes and schools.*

CUT OUT THIS ARROW



SPLIT PIN HOLE

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