

Frisco's Stoke Meter

Your **STOKE** is a way to share how happy, excited, or not-so-excited you feel about something.

HIGH STOKE: Your heart is super duper happy!

MEDIUM STOKE: You feel in-between.

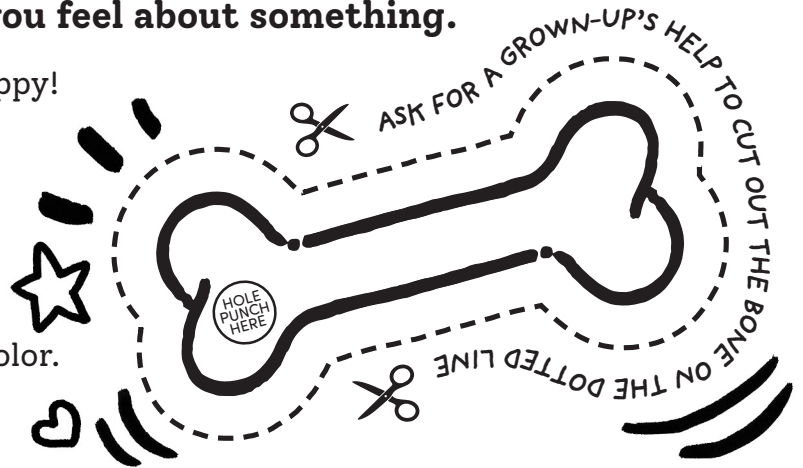
LOW STOKE: Your heart needs a little hug.

Color Your STOKE Meter!

HIGH: Color this your most favorite color!

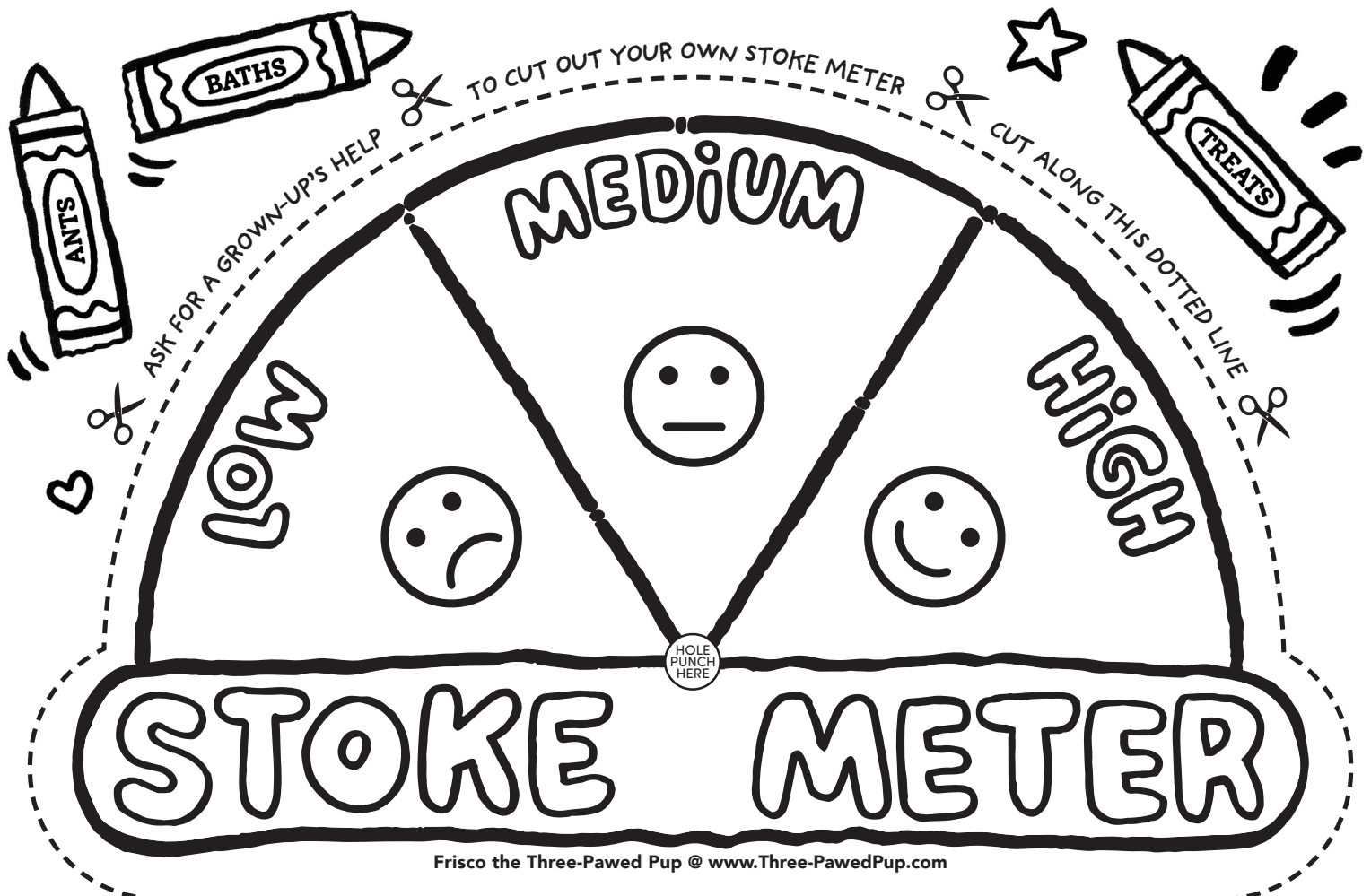
MEDIUM: Color this your second favorite color.

LOW: Color this your least favorite color.



With the help of a grown-up, cut-out, hole-punch, and attach the bone with a brad.

Now YOU can share your feelings just like Frisco!



Frisco the Three-Pawed Pup @ www.Three-PawedPup.com

Find more fun Frisco the Three-Pawed Pup activities and books at: www.Three-PawedPup.com

Copyright © 2026