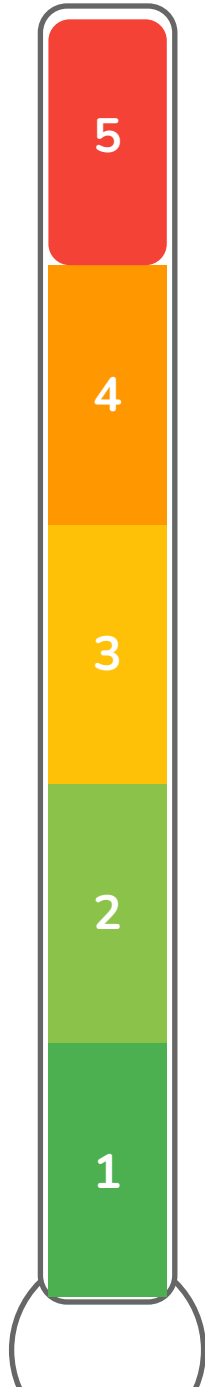


My Anger Thermometer

Color the thermometer to show how angry you feel!

Name: _____

Date: _____



5 EXPLODING!

You need help! Find a grown-up.

4 Really angry!

STOP. Walk away if you need to.

3 Getting upset

Time for a calming strategy!

2 A little annoyed

Notice it. Name it. Let it go.

1 Just fine!

Take a deep breath. You're okay!

Right now I'm at level ____ . My calming strategy: _____