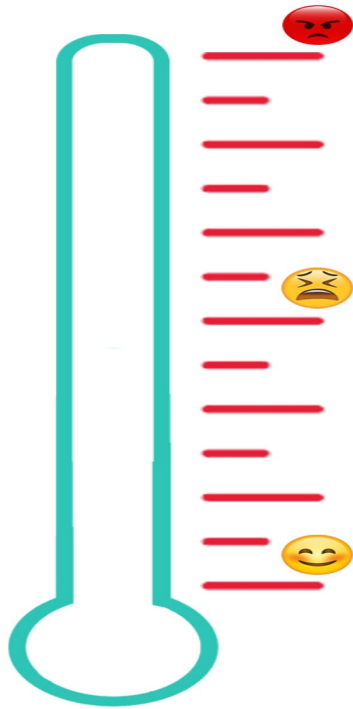


Anger Meter!

Name: _____

Date: _____



Shade the thermometer to show how you are feeling right now

List 3 words to indicate how you feel

1. _____

2. _____

3. _____

Identify 3 things you could do that would make you feel better

1. _____

2. _____

3. _____