

Name _____

Date _____

FEELINGS THERMOMETER

Write one thing or situation that makes you feel each of the emotions.

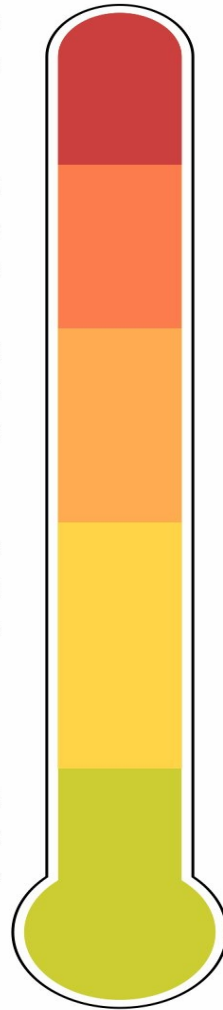
I am furious
I want to throw or hit something

I am mad
I am angry
I am irritated

I am annoyed
I am frustrated
I am sad

I am just ok
I am worried
I am anxious

I am happy
I am calm
I am positive



Furious

Angry

Frustrated

Worried

Happy

