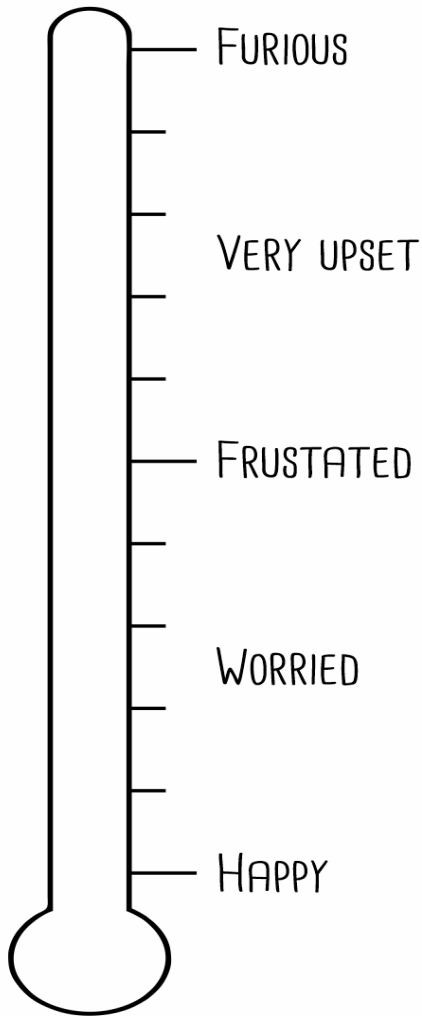


Name _____

Date _____

ANGER METER

Shade the thermometer to show how you are feeling right now!



List 3 words to indicate how you feel!

.....

.....

.....

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

.....

.....

.....