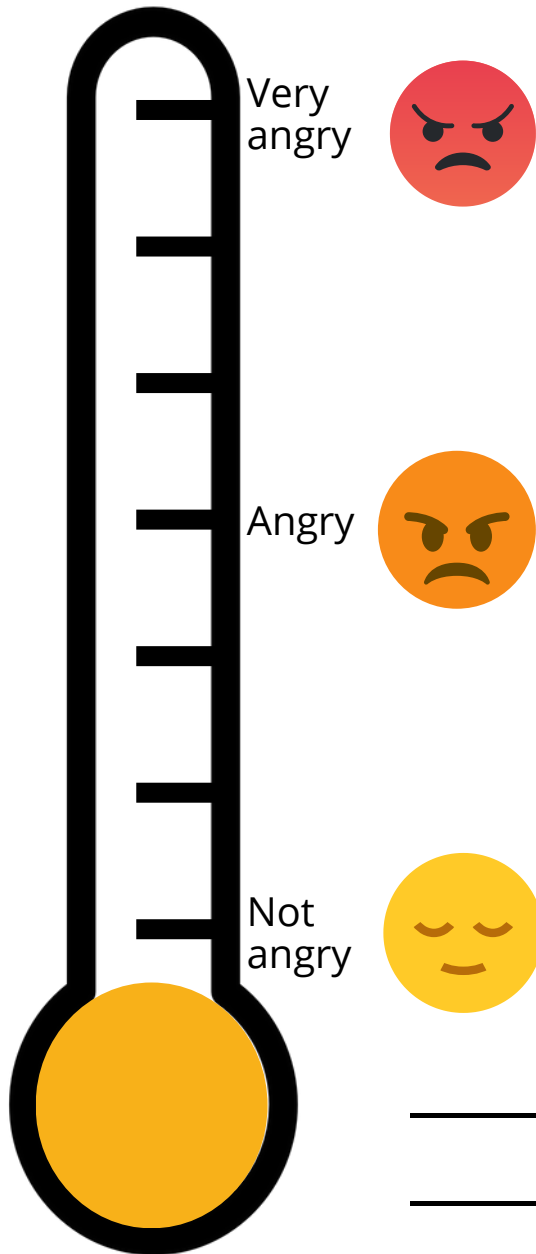


# ANGER THERMOMETER

Shade in the thermometer to measure how you are feeling. Then, answer the questions.



Very angry



Name what you are feeling.

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What might be causing you to feel this way?

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Angry



Not angry



What are two things you can do to feel better?

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