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| --- |
| **Anger Thermometer** |
| 5 |

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| --- |
| hitting, screaming throwing, pushing, crying  |

 |
| 4 | yelling screaming |
| 3 | loud voice angry face |
| 2 | something is wrong |
| 1 | I feel good / okay |

|  |
| --- |
| **How are you making me feel?** |
| 5 |

|  |
| --- |
| I am VERY angry |

 |
| 4 | I am angry about what you are doing |
| 3 | I am upset about what you are doing  |
| 2 | I am a little bit disappointed with you |

|  |  |  |  |
| --- | --- | --- | --- |
| 5 | 5 | 5 | 5 |
| 4 | 4 | 4 | 4 |
| 3 | 3 | 3 | 3 |
| 2 | 2 | 2 | 2 |
|  1 | 1 | 1 | 1 |

|  |  |  |  |
| --- | --- | --- | --- |
| 5 | 5 | 5 | 5 |
| 4 | 4 | 4 | 4 |
| 3 | 3 | 3 | 3 |
| 2 | 2 | 2 | 2 |
| 1 | 1 | 1 | 1 |
| 5 | 5 | 5 | 5 |
| 4 | 4 | 4 | 4 |
| 3 | 3 | 3 | 3 |
| 2 | 2 | 2 | 2 |
| 1 | 1 | 1 | 1 |