



# Anger Thermometer

**Directions:** Decide how you would complete each of the statements below. Color in the thermometer for each statement to show how it makes you feel.

1. When someone tells on me, I'm...



2. When I don't get something I competed to get, I'm...



3. When my friends do something without me, I'm...



4. When someone borrows something of mine and breaks it, I'm...



5. When I'm accused of something I did not do, I'm...



6. When I want to do something no one else wants to do, I'm...

