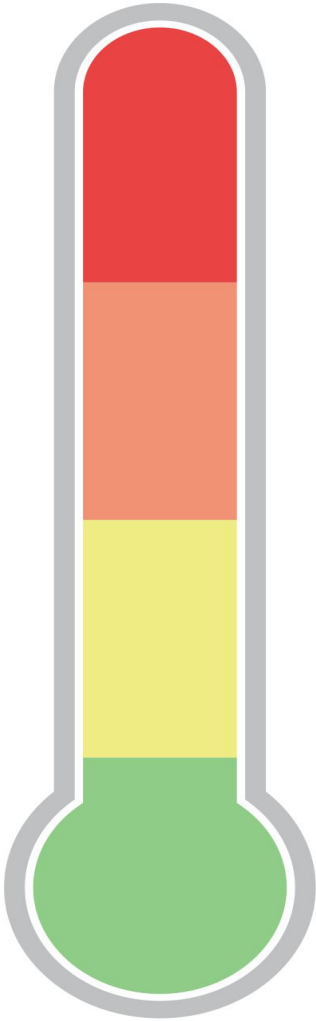


Anger Thermometer Worksheets

Write 2 things or situations that make you feel each of the emotions listed below.



Furious

1. _____

2. _____

Angry

1. _____

2. _____

Frustrated

1. _____

2. _____

Calm

1. _____

2. _____
