ANGER THERMOMETER

How angry are you feeling?

I am furious. I want to scream and kick things.
I need space.

I am angry. Everything irritates me.
I don't want to talk to anyone.

I am irritated. I feel like i'm about to get mad.
I am trying to control myself.

I am sad. I feel like crying anytime.
I need hugs and comfort.

I am okay. I just feel a little anxious and worried.

I am Happy. I feel positive and
optimistic. I smile and greet everyone.

Please remember to recycle me when you are finished with me.

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