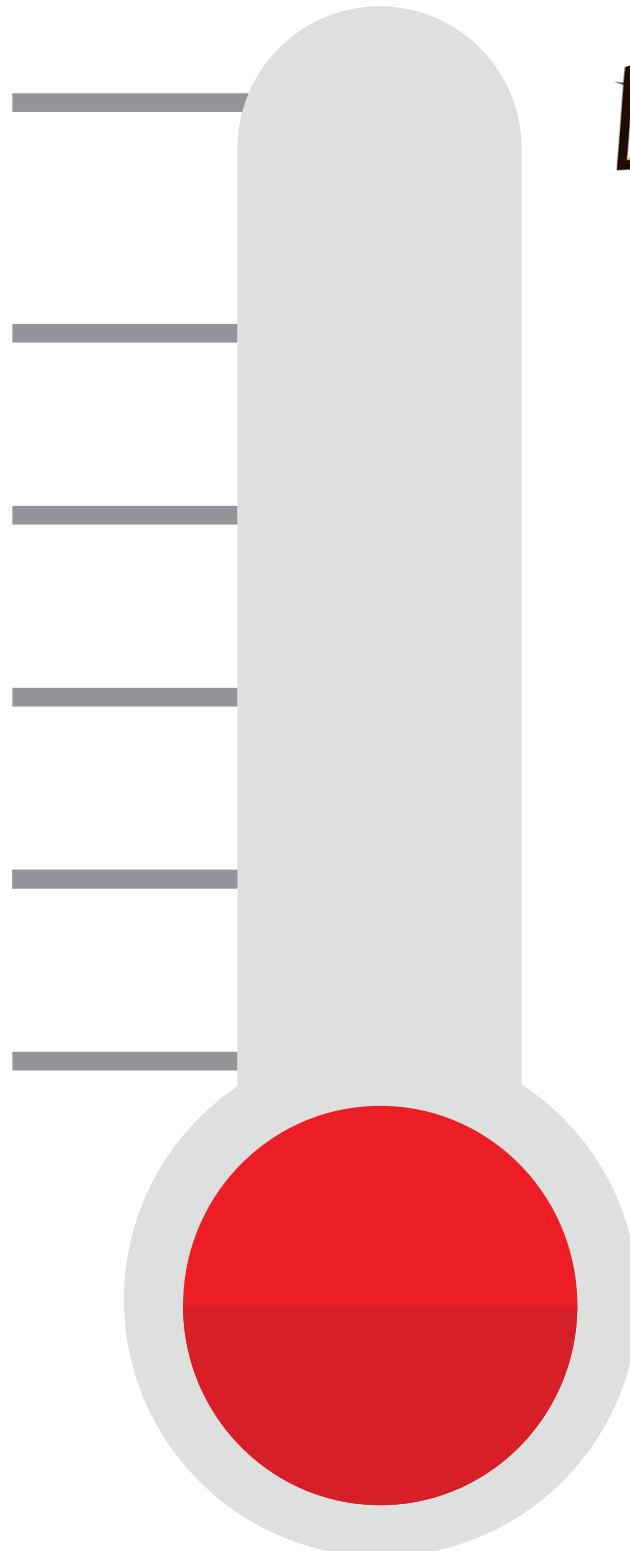


# My Anger Thermometer



The words on the right of the thermometer describe different levels of anger.  
On the left of the thermometer can you write words to describe how your  
body might feel at each level?



**Angry**

**Annoyed**

**Irritated**

**Niggled**

**Calm**

## What level of anger would you reach in the following situations?

- 👉 Someone was chewing loudly
- 👉 Someone stole your money
- 👉 You dropped your lunch all over the floor
- 👉 You broke something that you loved
- 👉 Someone said something horrible about your family

It is normal to feel angry sometimes- especially when we are not being treated fairly.  
No matter how angry we are, it is not ok to take it out on other people.

Can you think of ways to release anger that do not hurt anyone else, do not hurt ourselves and do not damage any property?

**If we are angry a lot then it is not good for our health.**

Can you think of ways to bring yourself back down the thermometer to make yourself feel calm?