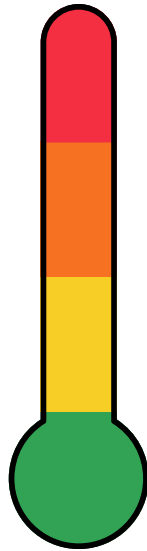


Anger Thermometer Worksheet Pack

Dr Lucy Russell,
They Are the Future



**Use this pack alongside my article: Free
Printable Anger Thermometer & Parent
Guide**



Name

What does it
feel like?

10

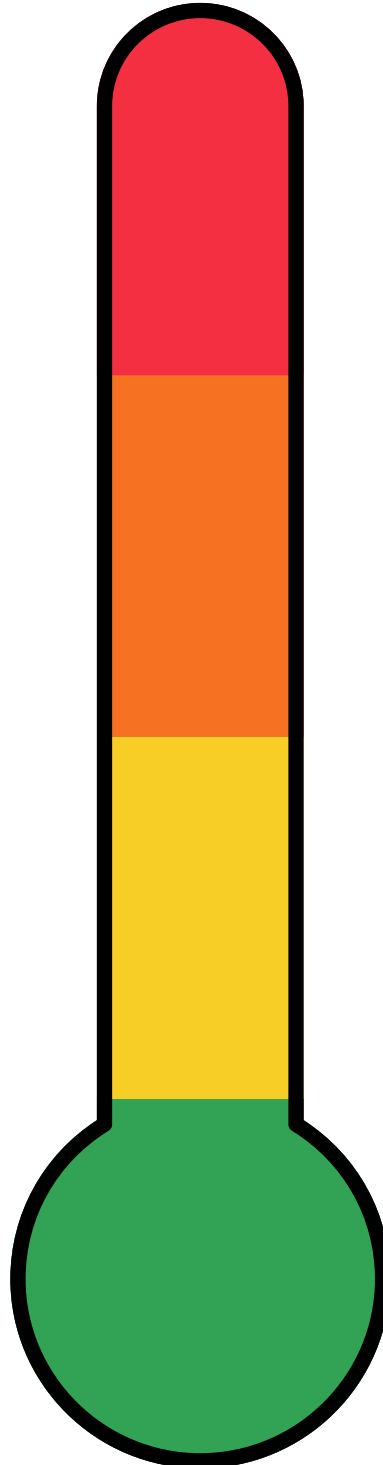
8

6

4

2

0



What helps?

Example: Angus

What does it
feel like?

10

Rage
I can't hear anyone,
lost control

8

I need to kick
things, shout

6

Frustrated

"Fizzy"

4

Restless,
can't focus

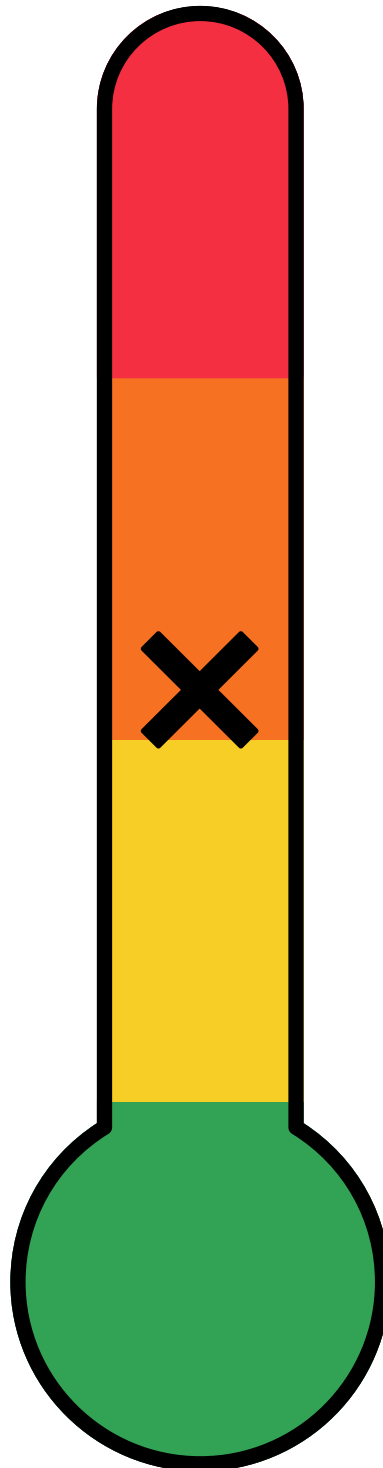
Fidgety

2

Chilled,
happy

Easy breathing,
calm

0



What helps?

Get away from
everyone, scream
at the top of my voice

Leaving the classroom,
running laps around
the playground,
press-ups against a wall

Whole class movement
breaks,
football at break time,
getting sent on errands

Using my fidget toys,
moving around the
classroom, going
outside at break

Example: Ana

**What does it
feel like?**

I have no control.
I have snapped.

I'm losing it. Body is
hot. Face is red.

Shaky.
Anger is boiling up
from my belly.

Confrontational.
I want to
express my anger.
Don't "push" me.

Annoyed.
Fists clenched.
Tight muscles.
Achy. A bit uptight.

Happy.
Relaxed.
"The real me."

10

8

6

4

2

0



What helps?

Avoid triggers as much
as possible. If triggered,
just get out of the
situation.

Use my "exit pass" if I'm
in class. Get to learning
support or library and
take time to myself.

Focus on my breathing.
Slow, deep breath in, longer
breath out. Do this ten
times.

Distract myself with things
to look forward to. Relax all
my muscles in turn.

Example: Sammy

