

# Anger Thermometer

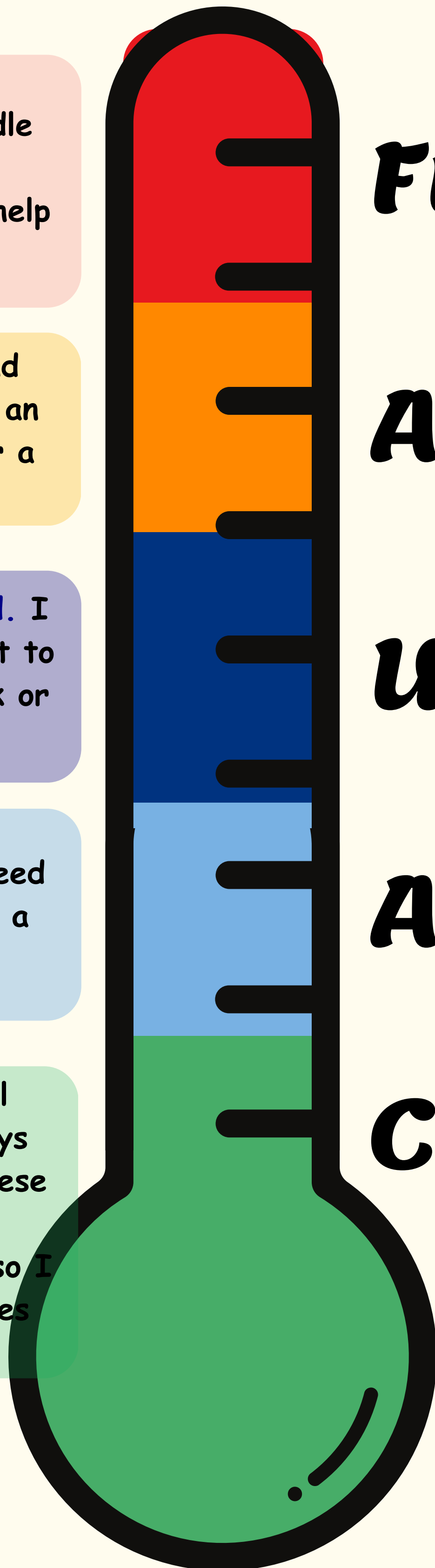
I feel **furious**, and I can't handle this anymore.  
I need to use my strategies to help me to feel calm again

I feel so **angry, frustrated** and **overwhelmed**. I need help from an adult to co-regulate with me or a change of space

I feel so **upset** or **disappointed**. I need help from someone I trust to remind me of positive self-talk or do something I enjoy

I feel **irritated** or **annoyed**, I need to tell someone I trust or take a movement break.

I feel **calm**, this is my natural state of **relaxation**. I will always return to this feeling. During these times, I can be supported to remember these bodily feelings so I can use them during future times of stress or worry.



***Furious***

***Angry***

***Upset***

***Annoyed***

***Calm***