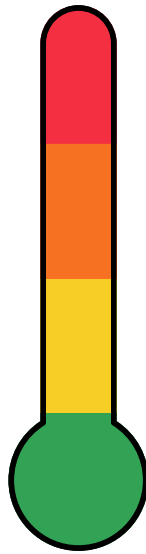


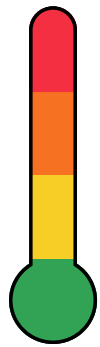
Anger Thermometer Worksheet Pack

Dr Lucy Russell,
They Are the Future



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





How to Use This Pack



This pack contains a blank anger thermometer worksheet for your child to fill in, plus three completed examples to give you ideas.

Step 1: Look at the examples first. Read through Angus, Ana and Sammy's completed thermometers together. This helps your child understand what the tool is for and what kind of answers work well.

Step 2: Choose the right moment. Fill in the blank worksheet during a calm, relaxed time, not when your child is already angry or upset. Keep it light and curious, for example: "I found this worksheet, shall we try it out together?"

Step 3: Work from the bottom up. Start at 0 (calm) and work upwards. For each level, help your child think about:

- What does my body feel like at this level?
- What thoughts do I notice?
- What helps me at this level?

Step 4: Put it somewhere visible. Stick the completed thermometer on the fridge, bedroom wall, or somewhere your child will see it regularly.

Step 5: Refer to it often. Use it in everyday moments: "I wonder if you're in the yellow right now. What might help?" The more your child uses it in calm moments, the easier it becomes to use when anger starts building.



Name

What does it
feel like?

10

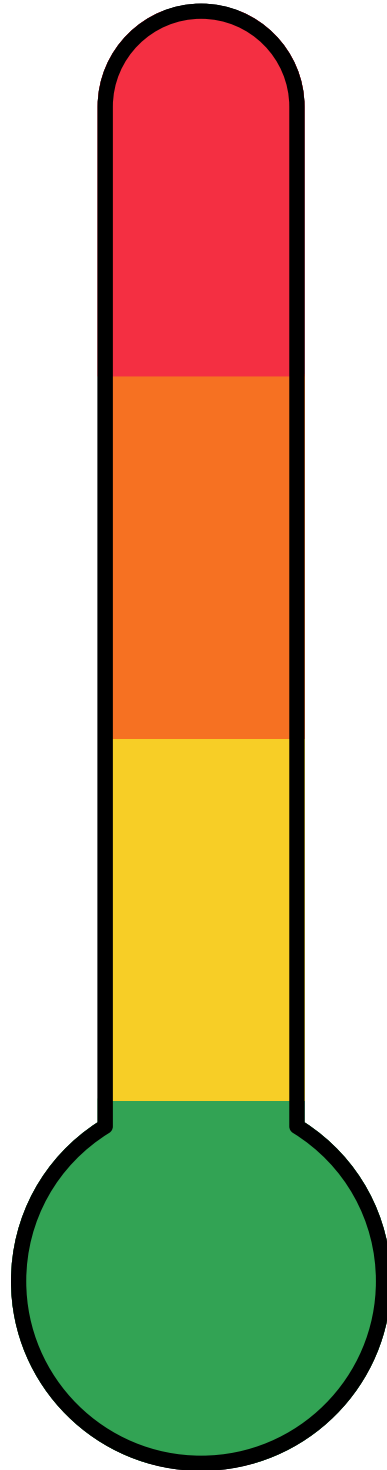
8

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

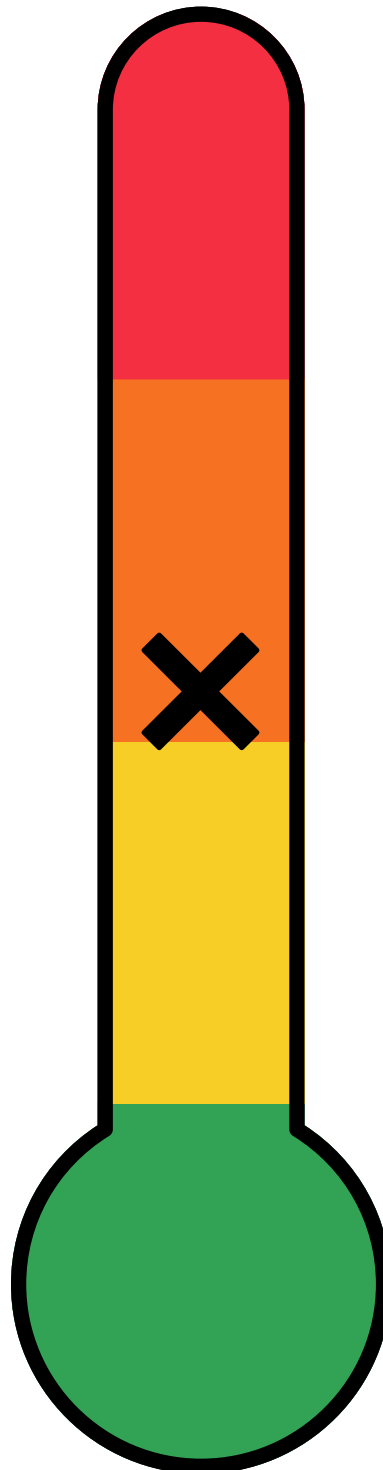
Fidgety

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

