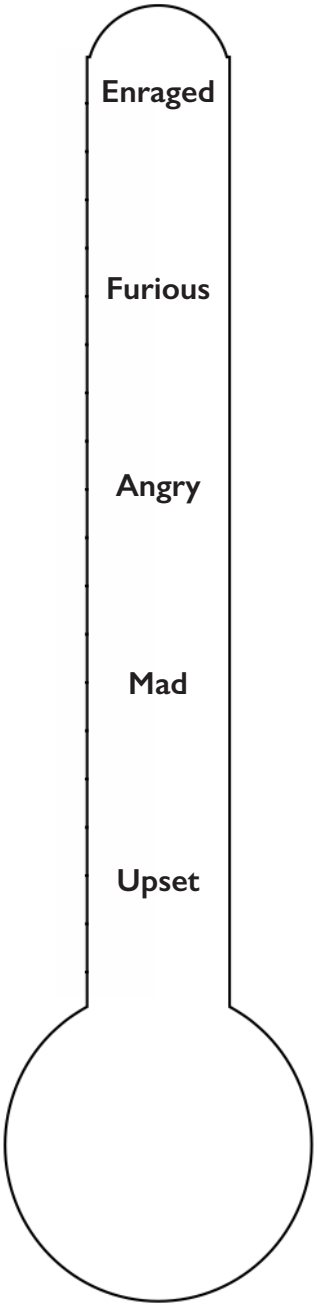
My Anger Thermometer

I feel this way when…

This is how I handle it:



Name _____ Grade _____ Date _____

From *Social-Emotional Learning Lab: A Comprehensive SEL Resource Kit,* © 2020 by V. Poedubicky and M. J. Elias. Champaign, IL: Research Press (www.researchpress.com, 800-519-2707).