

Name: _____

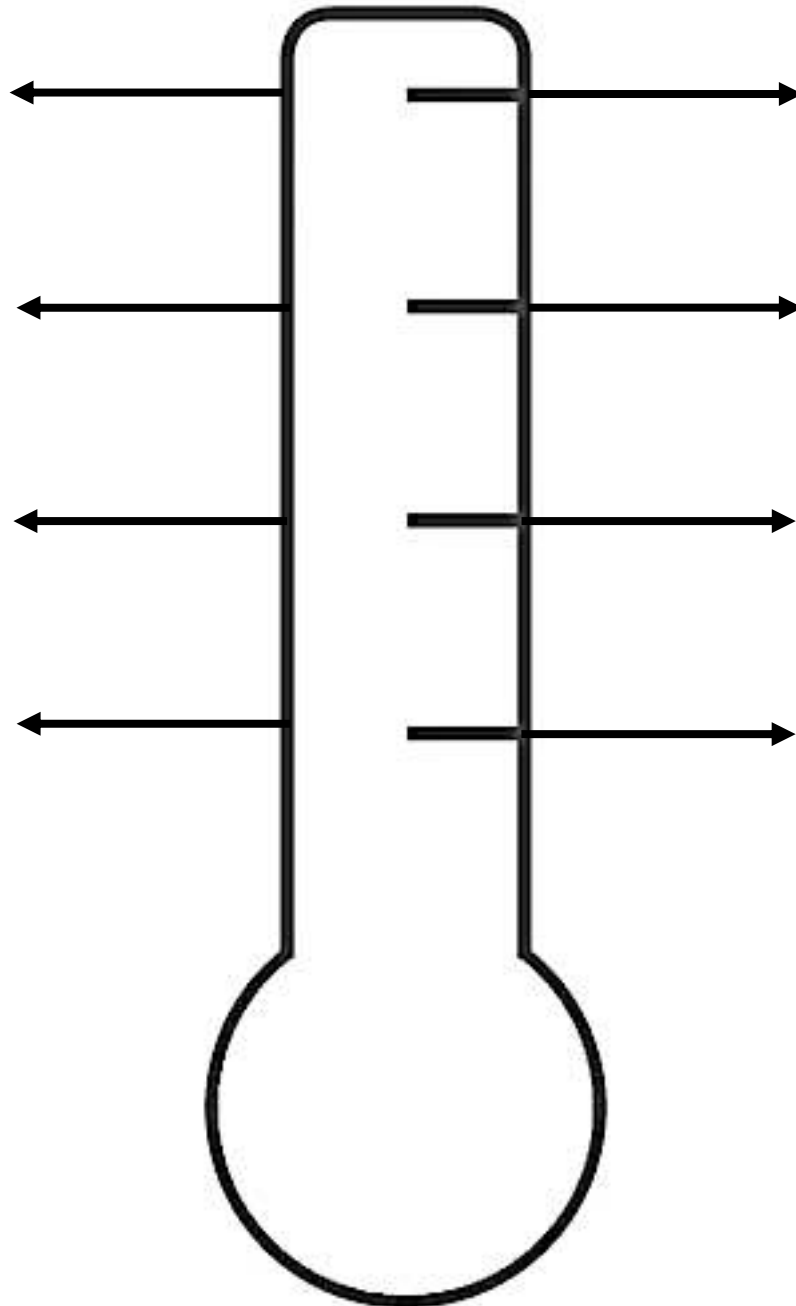


My Emotional Thermometer

What is making me upset or angry?

What I can do about it?

Very upset or angry.



Slightly upset or angry.