

# Help kids manage their anger with an Anger Thermometer!



**Level 5**

Feeling out of control, heart beating fast, might scream or throw things, hard to think

Pound as hard as you can on a pillow, go outside (if it's safe) and yell, use code words to let your grownup know you need help feeling better



**Level 4**

Feeling angry, red/warm face, hands in fists, muscles clenched, loud voice, sweaty hands, headache

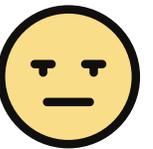
Wrap arms around yourself and squeeze, stomp, throw wet sponges at a wall (outside or in the bathtub), ask for a tight hug, jump into a pile of pillows, swing



**Level 3**

Feeling irritated, tensing up, might snap at others, breathing harder, eyebrows furrowed, upset tummy

Rip up scrap paper, change location/activity, recite the alphabet slowly, scribble, draw your feelings, tense and relax your muscles from head to toe, hang upside-down



**Level 2**

Feeling relaxed but a little annoyed or frustrated, might feel a need to move around more, sigh loudly

Squish playdoh, open a window and breathe deeply, get a drink of water, press your palms together, and close your eyes



**Level 1**

Feeling happy, playful, smiling, laughing, calm

Play games, offer to help with something, read, etc.

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