

ANGER THERMOMETER

How do I look?

Calming Techniques

<p>Big</p> <p>I raise my voice I call others names I leave</p>	<p>I talk to someone I can trust I go for a walk</p>
<p>Medium</p> <p>I call others names I breathe heavily I clench my fists</p>	<p>I listen to music I challenge my negative thoughts I identify my emotions</p>
<p>Small</p> <p>I feel hot My face turns red I stare at the person</p>	<p>I close my eyes and count down from 20 I walk to another room to calm down</p>



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