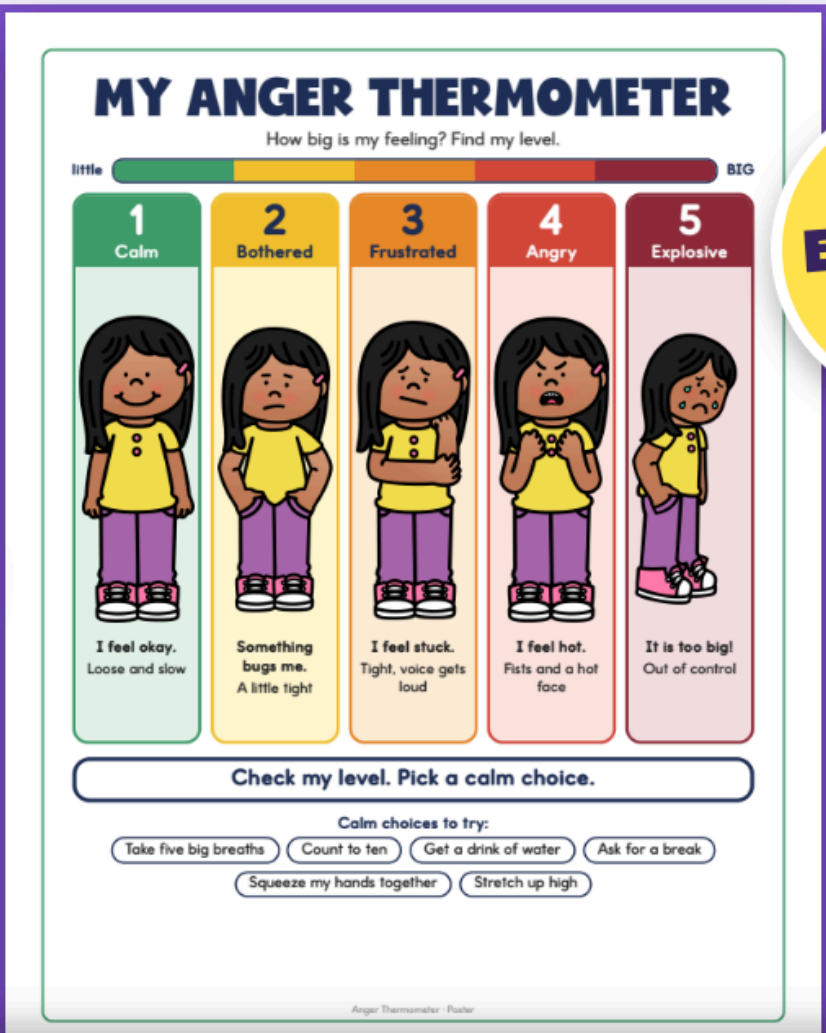
Bright Path Sped






EDITABLE

# ANGER THERMOMETER

Five Level Poster · My Levels · Calm Choices · Grades K-5

# Terms of Use

Please read before you print your first page.

## One classroom license

- This file is for one classroom: one teacher, one group of students.
- Please do not share it, post it online, or sell it.
- Extra licenses for a team or a school are available on the product page.

## This is a fillable PDF

- Open it in a PDF reader (Adobe Acrobat Reader, Preview, or your browser), click into a name, a box or a line, type, and Save As.
- Every name, date, box and line on the student pages is a type-in field. You can also print a page and write or color by hand.
- It works offline. No account, no subscription, no internet connection needed after you download it.

## Student names stay private

These pages can hold your students' names and feelings. Keep the file and any printouts with your own records, and follow your school's rules for who may see them. The students in the examples are invented.

## A note on how to use these pages

These pages help children name how big a feeling is and pick a calm choice they already know. Your school's own rules and your own judgment come first.

## Need help?

If a page will not print or fill the way you expect, use Ask a Question on the product page before leaving a review.

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PREVIEW

# How to Use the Anger Thermometer

Five steps and four tips.

## Five steps

1. Print the poster (page 5) or the black-and-white poster (page 6). Hang it where students can see it.
2. Say the 5 level names together: calm, bothered, frustrated, angry, explosive. Point to the pictures.
3. Hand each student page 7. They write what each level looks and feels like for them.
4. Next, page 9. They write what they could choose to do at each level, using page 11 for ideas.
5. Cut apart the desk strips on page 15 so each student has a small thermometer at their desk.

## Tips

- Any level is a fine answer. Nobody is in trouble for telling you a level.
- Add your own words. The poster words are a start, and every list has blank lines.
- Write your school's own rule on page 17. This file does not choose it for you.
- Print in black and white and let students color the levels with crayons.

## Typing and printing

- Open the file in a PDF reader, click a box and type. Save As to keep your names.
- To print a blank copy for each student, print before you type.

## My notes

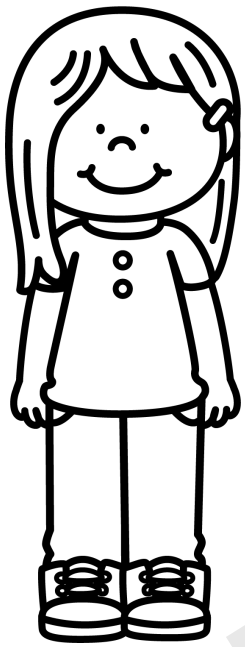
PREVIEW

# MY ANGER THERMOMETER

How big is my feeling? Find my level.

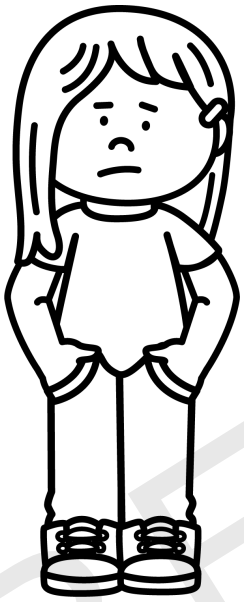
little BIG

## 1 Calm



**I feel okay.**
Loose and slow

## 2 Bothered



**Something bugs me.**
A little tight

## 3 Frustrated



**I feel stuck.**
Tight, voice gets loud

## 4 Angry



**I feel hot.**
Fists and a hot face

## 5 Explosive



**It is too big!**
Out of control

**Check my level. Pick a calm choice.**

**Calm choices to try:**

- Take five big breaths
- Count to ten
- Get a drink of water
- Ask for a break
- Squeeze my hands together
- Stretch up high

PREVIEW

# My Anger Levels

## My name Sam

**Fill in your anger thermometer.**

**1 Calm**



My body feels: Loose and quiet

I say or do: I smile and play

**2 Bothered**



My body feels: Tight tummy

I say or do: I sigh and look away

**3 Frustrated**



My body feels: Hot hands

I say or do: My voice gets loud

**4 Angry**



My body feels: Fists and hot face

I say or do: I stomp my feet

**5 Explosive**



My body feels: Too big to think

I say or do: I yell and need help

Example: Sam is an invented student. These are Sam's words for all 5 levels; your students will write their own.

PREVIEW

# My Calm Choice Plan

My name Sam

Write a calm choice for each level.



**2** At level 2, I feel bothered. I will

Take three big breaths and keep working.



**3** At level 3, I feel frustrated. I will

Ask for a break card and get a drink of water.



**4** At level 4, I feel angry. I will

Walk to my calm spot and squeeze my hands together.



**5** At level 5, I feel explosive. I will

Stop, find my teacher and say, I need help.

Example: Sam is an invented student. These are Sam's choices for levels 2 to 5; level 1 needs no plan.

PREVIEW

# Things That Bug Me

## My name _____

**Write the level from 1 to 5 for each one.**

| What bugs me | Level |
|---|---|
| Someone takes my turn | |
| I lose a game | |
| A loud noise | |
| My work is hard | |
| Someone says something mean | |
| I have to stop something fun | |
| Someone says no to me | |
| Someone knocks my things | |
| | |
| | |

**The one that bugs me most** _____

PREVIEW

# My Anger Log

**My name** Jay

**Date** Oct 14

**Put an X on the level you felt.**

| When | What happened | 1 | 2 | 3 | 4 | 5 | What I did |
|---|---|---|---|---|---|---|---|
| Morning | Lost the game | – | – | X | – | – | Took a breath |
| Math | Work was hard | – | X | – | – | – | Asked for help |
| Recess | Someone cut in line | – | – | – | X | – | Walked away |
| Lunch | My seat was taken | – | X | – | – | – | Sat somewhere else |
| Reading | Nothing, all good | X | – | – | – | – | Kept reading |
| Gym | Lost my turn | – | – | X | – | – | Used my words |
| Pack up | A loud noise | – | X | – | – | – | Covered my ears |

| Level | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| How many X marks? | 1 | 3 | 2 | 1 | 0 |

Example: Jay is an invented student. 7 entries: 1 + 3 + 2 + 1 + 0 = 7. Level 2 (bothered) came up most, 3 times.

PREVIEW

# Level Talk: Teacher and Student

A two-minute talk. Look at the thermometer or the log together, then write what you decide.

Student _____ Teacher _____ Date _____

| When | Level | What happened | Calm choice we tried |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

## 8 sentence starters

Which level are you at right now?

Show me on the thermometer.

What happened just before?

What did your body feel like?

Which calm choice could you try?

What will you try next time?

Let us look at your log together.

Thank you for telling me.

A calm choice we will try

When we will look again

PREVIEW

# Helper Page: Using the Anger Thermometer

For a paraprofessional, a substitute or a volunteer who works with a student.

## Four steps

1. Find the student's thermometer page or desk strip. Ask the student to point to the level.
2. Say the level back in a calm voice: "You are at level 3." Do not argue with the level.
3. Point to the student's own calm choice plan, or read it aloud together.
4. Write down the level and what happened on the log page. Leave a note for the teacher.

Where the thermometer pages are kept _____

Who to ask _____

What to do at level 5 (the teacher writes the school's own rule) _____

## Notes for the teacher

_____

_____

_____

_____

_____

PREVIEW

What happened today

Helped by _____

Date _____

# Binder Cover and Spine

Type your class on it, print, and slide it into a clear binder pocket. The spine strip fits a one-inch binder.



## ANGER THERMOMETER

Class

Teacher

School year

PREVIEW

## SPINE

Class and year