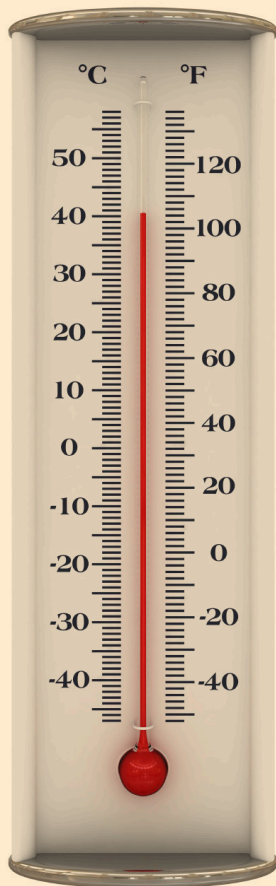


Am I Angry?



Is your heart pounding?
Do you feel hot?
Are you clenching your fists?
Are you gritting your teeth?
You could be angry!



Boiling

Think about something that made you angry – it might be a fight with your parents, siblings or friend. Look at the thermometer.

How hot did you get?

Very hot

How did you feel?
Could you feel your heart pound or your body tense?

Just warm

Start paying attention to signs that you are getting angry so you can help yourself calm down.

