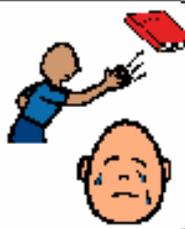


Anger Thermometer



hitting
screaming
throwing
pushing
crying



Solution



Go to Time Out.
I lose _____.



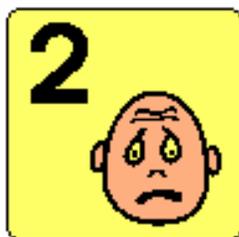
yelling
screaming

Take a walk.
Jump.
Go to motor lab.



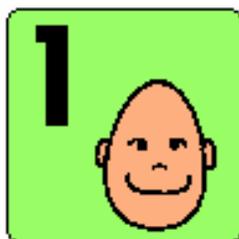
loud voice
angry face
whining

Ask for help.
Take a break.



Uh-oh! Something
is wrong.

Take a few deep breaths.
Ask for help.



I feel good.