

Name: _____

Feelings Thermometer

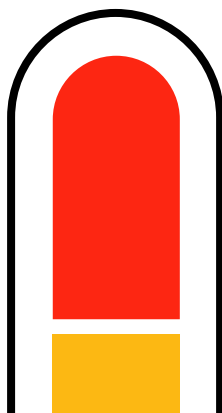
Write one thing or situation that makes you feel each of these emotions.



I feel **angry**.

I feel **furious**.

I feel **mad**.



angry: _____

frustrated: _____



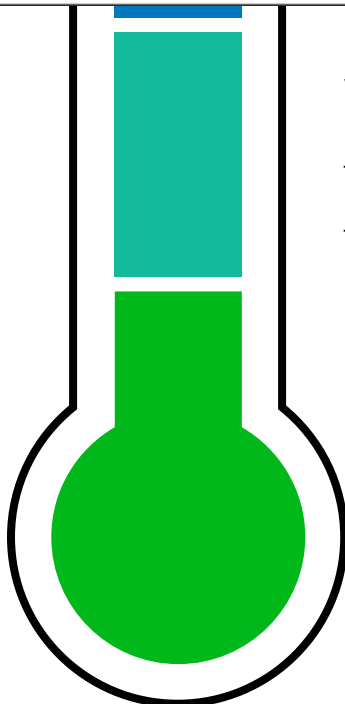
I feel **frustrated**.



I feel **worried**.

I feel **anxious**.

I feel **nervous**.



worried: _____

happy: _____



I feel **happy**.

I feel **positive**.

I feel **calm**.