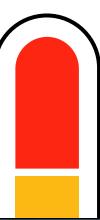
Name: \_\_\_\_\_

## **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: \_\_\_\_\_

I feel frustrated.





## Preview

Please log in to download the printable version of this worksheet.



I feel worried.

I feel **anxious**.

I feel **nervous**.



I feel **happy**.

I feel **positive**.

I feel calm.

worried:			

happy: \_\_\_\_\_

\_\_\_\_\_\_