

Blank Anger Thermometer

Use this thermometer to help your child identify how strong their anger feels. You can write numbers from 1 (calm) to 10 (very angry) and draw color zones or faces.

10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

Calm-Down Ideas List

Try these calming activities when your child feels overwhelmed:

- Deep breathing (pretend to blow up a balloon)
- Watch a calm-down jar
- Hug a stuffed animal
- Draw how they feel
- Listen to calming music
- Count backward from 10
- Take a break in a cozy space
- Use playdough to squeeze and stretch
- Do 10 jumping jacks or stretch arms
- Talk to a trusted adult

Emotion Faces Chart

Use this simple chart to help children identify how they are feeling.

- Happy
- Sad
- Angry
- Scared
- Surprised
- Tired
- Sick
- Calm
- Confused
- Excited