# **ANGER THERMOMETER**

For:

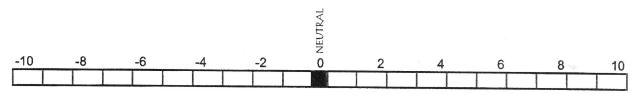
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## **EMOTIONS SCALES**

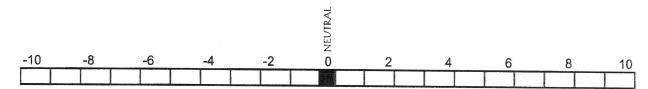
For:



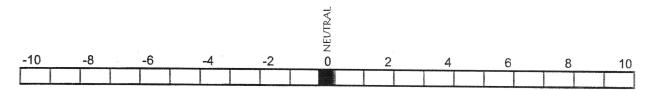
#### Sad vs. Happy



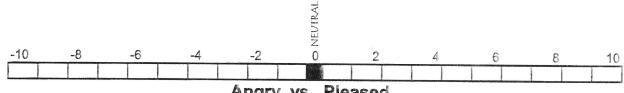
#### Tired vs. Energetic



#### Bored vs. Excited



### Scared vs. Confident



#### Pleased Angry

Scales showing 5 different opposites of emotions, each on a continuum. Have the student label the scales with his own choice of words. The words &/or scales can be colored with colors which the student has chosen to match the various emotions. [Note: it may be useful to enlarge this chart when photcopying it for use.]

From Navigating the Social World, Program 3.)