

Anger Thermometer

1. Print the image of the thermometer and arrow below. (card stock works best)
2. Cut out the arrow and fold at the white line.
3. Cut a slit along the dotted line on the right side of the thermometer.
4. Insert arrow pointing toward the thermometer with the folded part tucked behind the poster.
5. Place on the fridge or other prominent place.
6. Start at yellow.
7. With each angry outburst, move the arrow up one notch. Explain to your child that it is ok to get angry, but it's not ok to let it get out of control.
8. Once the arrow reaches the top (red), give the child a consequence such as a time out on their bed or loss of privileges.
9. If the arrow remains on yellow or orange (warning), reward the child with an extended bed time or privilege. The goal is to keep the arrow below red with each incident.
10. Customize this chart to your family style!

