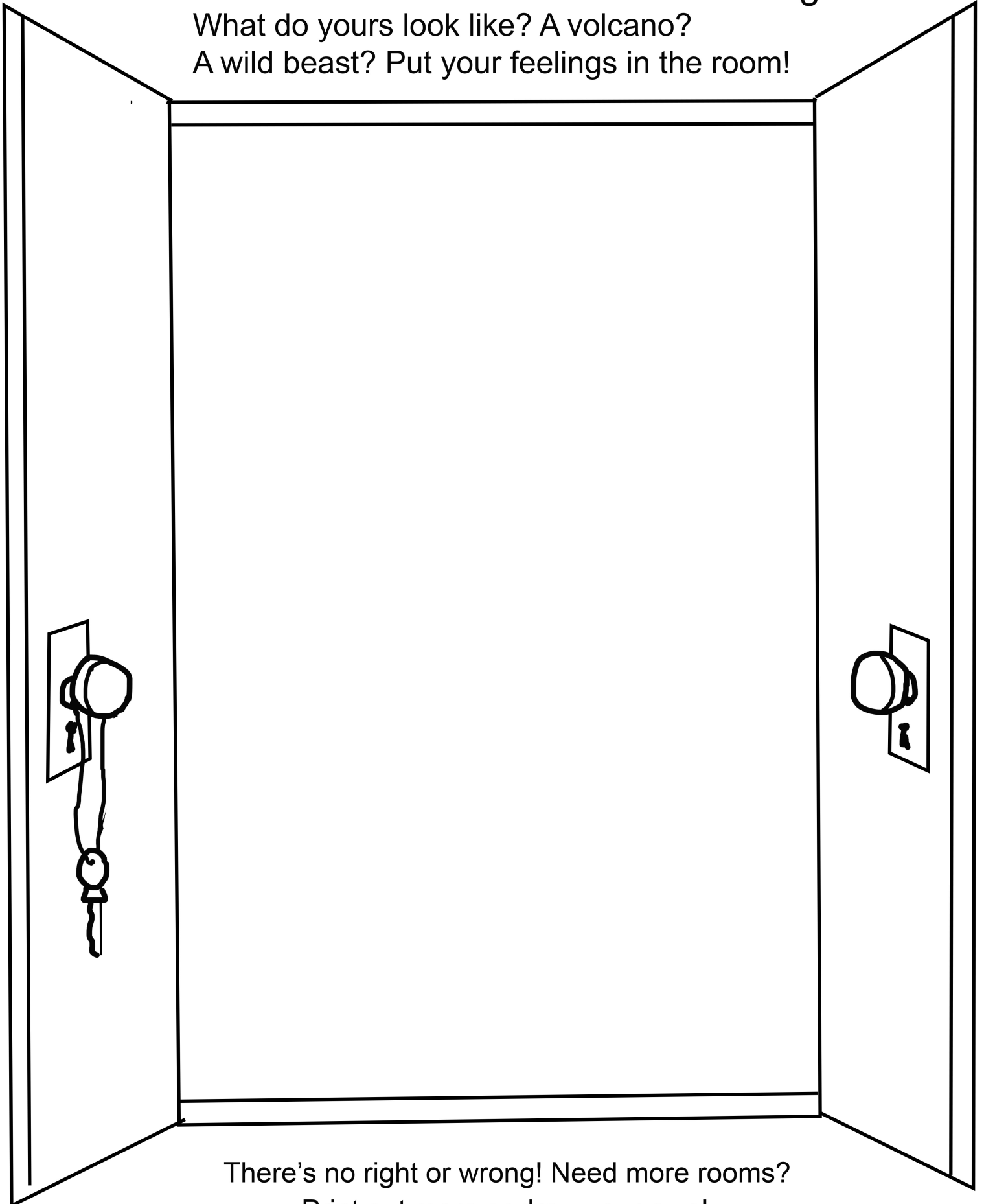


This is an e-Vroom for ANGRY feelings.  
What do yours look like? A volcano?  
A wild beast? Put your feelings in the room!



There's no right or wrong! Need more rooms?  
Print out more or draw your own!

I got mad because....

I would feel better if...

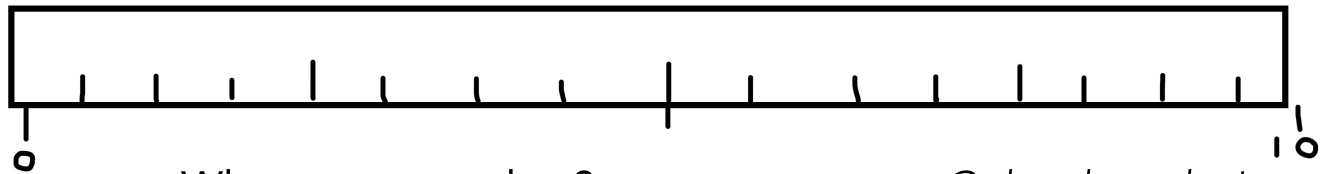
# A "HOW MUCH?" page.

This page lets you measure HOW MUCH of a feeling you have right now. Print this page to color the bottles and rulers. Show what you feel.

(There are more "HOW MUCH?" pages with thermometers, tanks and dials that can be printed from your E-Vroom page.

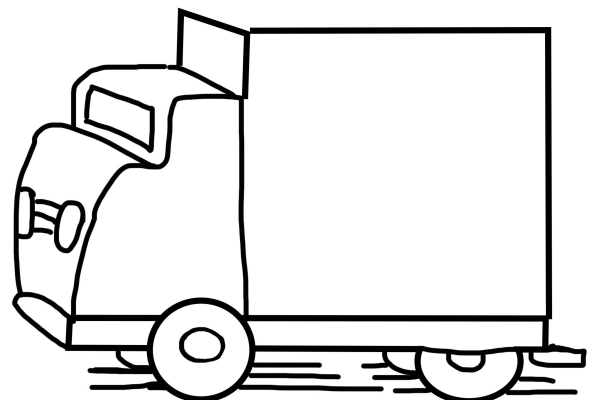
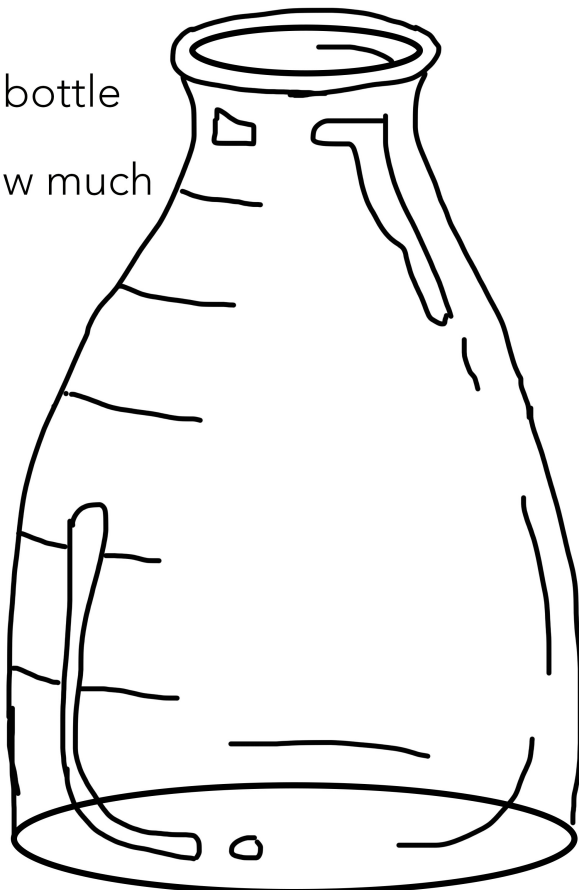
"HOW MUCH" pages are for any feeling).

On this ruler, 1= not much and 10= ALOT of feeling.



Whats your number? \_\_\_\_\_. *Color the ruler!*

Fill the bottle  
with how much  
feeling  
you  
have!



Fill the truck with your feeling  
How high will the pile reach?

# Anger Questionnaire

My name is \_\_\_\_\_

I look like this:

I am \_\_\_\_\_ years old.

I live with (circle any that apply)

mother father sister (s) brother (s) stepparent (s) grandparent(s)

uncle aunt cousins friend pet

Something that it's important to know about me is: \_\_\_\_\_  
\_\_\_\_\_.

When I get mad,  
I look like this:

People usually can tell when

Im angry, yes  no

Lately I've been angry; (circle one)

more than usual      less than usual

When I'm angry I:

(Underline as many as you want)

Yell Hit Slam doors Get quiet Cry Get Sarcasric Act Mean

Run around Hide Break something Tell someone Write in a journal

Call a friend Watch tv/ go online Keep it a secret Insult people.

Feel ashamed, want to be alone, want to be with people, Hate people.

Other \_\_\_\_\_.

Even though Im angry I might also be:

(Underline any that are true for you)

Scared, Overwhelmed, Unsure of what to do, Feeling Misunderstood,  
Feeling Judged, Disrespected, Want love, Want to know things will be ok,  
Stressed Out, Bored, Sad, Fed Up, Frustrated, Embarrassed, Guilty,  
Dissapointed, Hurt, Jealous, Want Attention

I want to show this page to someone

I want to take the Check-in Challenge *(scroll down)*



# The Check-in CHALLENGE!

If you've printed and colored your "HOW MUCH?" pages then you have an idea HOW MUCH anger you have!

Now you can take the "Check-in Challenge".

*(you may need a grown-up's help with this one!)*

On a scale of 1- 10 (if 10 is the MOST ANGRY)  
*What number are you now?*

I am this number  at this time \_\_\_\_\_:\_\_\_\_\_

Now we wait! and check-in!

Fill in the number for how angry you are in...

In 1 hour

in 2 hours

the next day

in 2 days

How long did it take you to get below a number 3?

Did it take longer than you thought?

or shorter than you thought?

How do you think you got from \_\_\_\_\_ to \_\_\_\_\_?  
highest number lowest number

Circle any that were true for you:

I did something else. I forgot about it. I talked about it.

Enough time went by. I was tired of being mad.

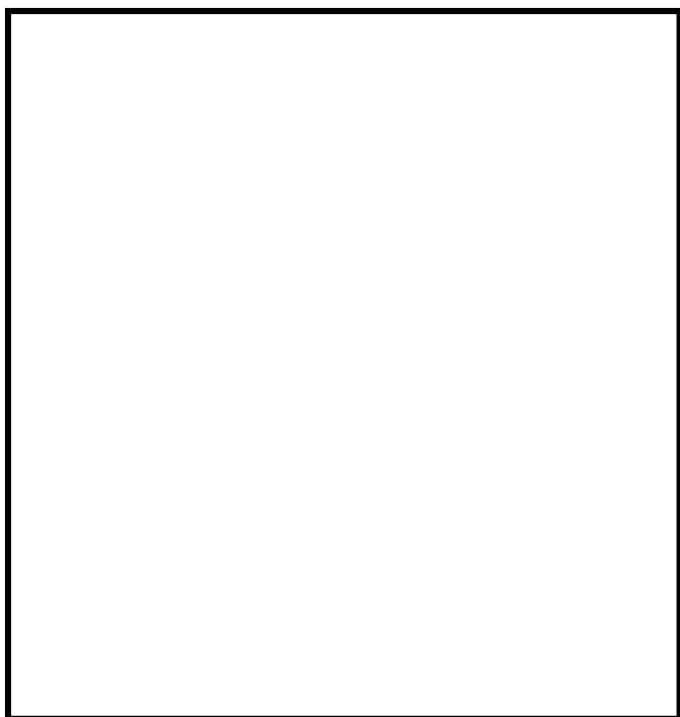
Other \_\_\_\_\_

## A FEELING CALMER page

Now that you're feeling a bit more calm, you can give some ADVICE!

Draw 3 things that someone should know  
When they're feeling very angry.

1.



2.



3.

