Anger Thermometer

Help your kids manage their anger by teaching them to think their tempers can flare like rising temperatures on a thermometer. And the angrier they get, the higher their temperature reads. It’s important for them to learn how to tell when their “anger temperature” is rising, before the “Anger Beast” gets released.

Talk about noticing how anger can cause changes in their bodies and even their thoughts. As their “anger temperature” rises, their bodies might feel different too. And come up with ideas of what they can do at each “degree” to tame the “Anger Beast” and get back to feeling calm and steady.