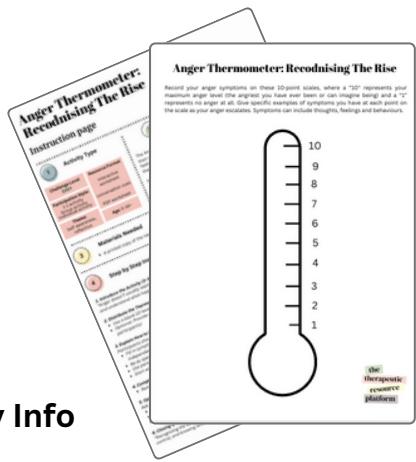


Anger Thermometer: Recognising The Rise

Instruction page



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Activity Type

Challenge Level
EASY

Participation Style:
1-1 activity
Group activity
Individual activity

Theme:
Self-awareness,
reflective

Resource Format

Interactive
worksheet
conversation cues
PDF worksheet

Age: 5-18+

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General Activity Info

The Anger Thermometer helps participants recognise the early warning signs of their anger and understand how it gradually builds. By tracking their thoughts, feelings, and behaviours at each level of the scale, they become more aware of their triggers and can learn to intervene before anger becomes overwhelming.

This is a self-reflective tool used in anger management and emotional regulation sessions.

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Materials Needed

- A printed copy of the resource.

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Step by Step Instructions

1. Introduce the Activity (3-5 mins)

"Anger doesn't usually explode out of nowhere—it builds up. This activity helps you notice the early signs of anger and understand what happens as it increases. The more you can spot anger early, the more control you can keep."

2. Distribute the Thermometer Worksheet

- Use a blank 10-level scale (1 = calm, 10 = extreme anger)
- Optional: Provide example cards or word banks with symptoms for each level (for younger or lower-literacy participants)

3. Explain How to Use It

Participants should:

- Fill in symptoms, thoughts, feelings, or behaviors for each level of the scale. Participants can complete independently or with support.
- Be as specific as possible.
- Use personal experiences when possible.
- Start with 1 (no anger) and work up to 10 (extreme anger).

4. Complete the Thermometer (10-15 mins)

- Remind them: "There are no right or wrong answers—this is about your experience."

5. Optional Group Discussion or Reflection (5-10 mins)

Ask:

- "At what level do you usually notice your anger?"
- "What signs come earliest for you?"
- "How could you interrupt your anger before it reaches a 7 or higher?"

6. Closing (2 mins)

"Recognizing the early stages of anger is key to managing it. This thermometer can help you practice staying in control, and knowing when to pause or cool down."

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Record your anger symptoms on these 10-point scales, where a "10" represents your maximum anger level (the angriest you have ever been or can imagine being) and a "1" represents no anger at all. Give specific examples of symptoms you have at each point on the scale as your anger escalates. Symptoms can include thoughts, feelings and behaviours.

