

Name _____

Eruption Alert! Anger Volcano Thermometer

Use this thermometer to label and explore the **four stages of anger**. For each stage:

1. Describe **how you feel** (emotion words + physical signs)
2. Give a **real-life example**
3. List one or more **cool-down strategies**



■ LEVEL 1: Calm Ground (0–2)

You're feeling okay. Nothing's really bothering you... yet.

What does this feel like?

Example situation:

Cool-down strategy (to stay cool):

■ LEVEL 2: Heating Up (3–5)

You're getting annoyed or irritated. You feel the tension starting.

What does this feel like?

Example situation:

Cool-down strategy (to release the pressure):

■ LEVEL 3: Boiling Point (6–8)

You're angry now. Your body feels tight. You're close to snapping.

What does this feel like?

Example situation:

Cool-down strategy (to cool the lava):

■ LEVEL 4: Molten Madness (9–10)

You've erupted. You're yelling, slamming, crying-or totally shutting down.

What does this feel like?

Example situation:

Cool-down strategy (to recover after eruption):