

Heating Up and Cooling Down

Activity

When you are angry, how can you cool your anger down?

This thermometer measures not only how angry you are, but also how calm you are.

Make copies of the thermometer on the next page. Staple the thermometer sheet and a blank piece of paper together at the top and side edges. Insert a colored piece of paper into the thermometer from the bottom. Practice moving the colored paper up and down.

There are five levels of anger and this is what they mean:

- Level 5 Boiling: feeling out of control
- Level 4 Fuming: feeling aggressive
- Level 3 Simmering: feeling mean
- Level 2 Warm: feeling annoyed
- Level 1 Cool: feeling calm

Take a deep breath and hold it so your body fills up with air. As you fill up, bring the thermometer up as well. Hold your breath for a moment, and then slowly breathe out. As you exhale, bring the thermometer down. Releasing a deep breath is like releasing your anger. As you let go of your breath, imagine letting go of your anger.

Next, tighten every muscle in your body from head to toe, bring the thermometer up, and hold your muscles tight for a few seconds. Then slowly relax your muscles, bring the thermometer down and imagine that you are letting go of anger.

