

Calm~Worried~Happy~Impatient~Excited~Upset~Hopeful~Grouchy~Shy~Disappointed~Nervous~Embarrassed

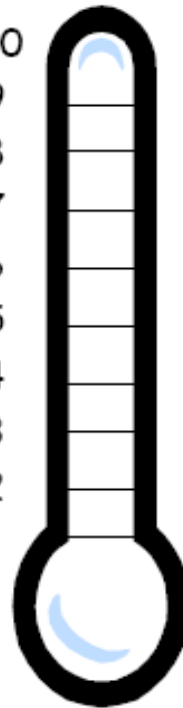


# My TEMPER-A-TURE

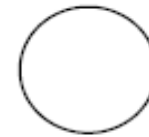


**HOT**  
7 - 10  
(Out of Control)

10  
9  
8  
7  
6  
5  
4  
3  
2  
1



How do I feel?



\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_



**WARM**  
3 - 6  
(Take control)



**COOL**  
0 - 2  
(In control)



**K&W**  
*Counselling*  
SERVICES

S. T. E. A. M. ©

Angry~Peaceful~Tired~Joyful~Frustrated~Proud~Irritated~Relaxed~Scared~Jealous~Lonely~Boiling Over~ Mad