

Stress Thermometer

Anger Example

Most Stressed Ever

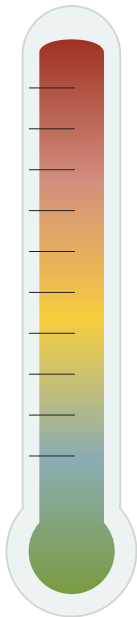
What I Look Like

When I start screaming
and hitting myself

When I start throwing
items

When I start to make
grunting noises

When I start sighing
loudly



What I Can Do

I can go to my home base
area

I can use my break card

I can use my four-square
breathing card

I can get a drink of water

No Stress