

When someone pulls
a face at me



How angry do I feel?

1	2	3	4	5
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When someone gets
too close to me



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone kicks
me



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone
doesn't listen to me



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone
pinches or nips me



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone says
'NO' to me



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone says
nasty things to me



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone trips
me over



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When I get left out



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone pushes me over



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone damages my work



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When I have to be quiet



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When I get told off



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When I have too much work to do



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When I want something I can't have



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone is too loud in class or on the playground



How angry do I feel?

1	2	3	4	5
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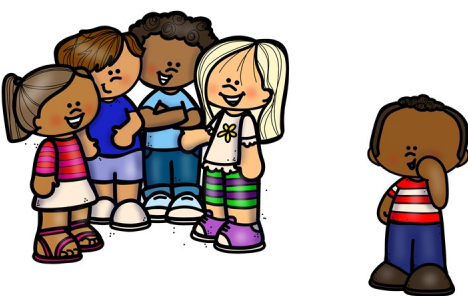
When someone
doesn't talk loud
enough



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When people are
talking about me



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone
points at me



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone
turns their back on
me



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

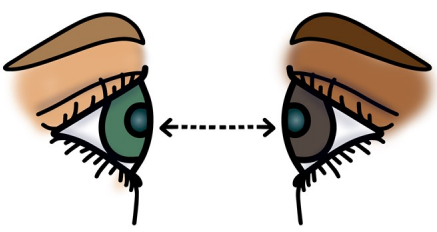
When someone hugs
me and I don't want
them to



How angry do I feel?

1	2	3	4	5
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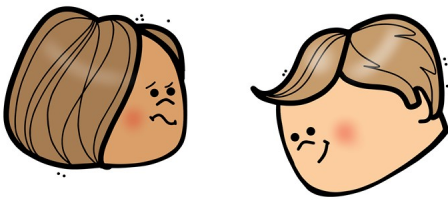
When someone
stares at me



How angry do I feel?

1	2	3	4	5
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When someone
doesn't look at me
when I am talking



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone takes
something that
belongs to me



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

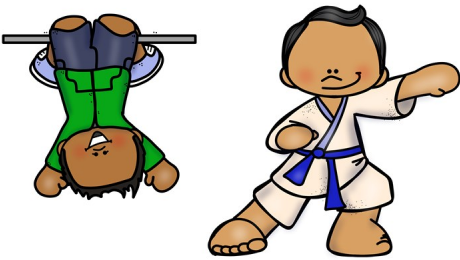
When I don't win a game I am playing



How angry do I feel?

1	2	3	4	5
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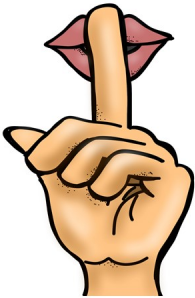
When someone can do something I can't do!



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When the teacher tells me to be quiet



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When I can't hear what is going on



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When I don't get passed the ball in football



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

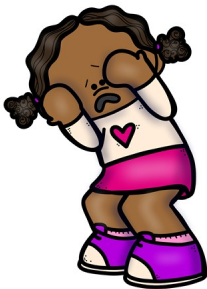
When I feel sad about something



How angry do I feel?

1	2	3	4	5
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When I am scared about something



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When people are arguing and NOT working together



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone keeps distracting me



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When I feel stressed



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone scribbles on my work



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When I hurt myself



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When I feel confused or puzzled



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When I make a mistake



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When I am worried about something



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When someone hurts animals



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When I am feeling ill



How angry do I feel?

1	2	3	4	5
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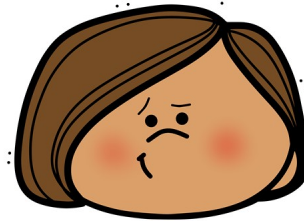
When I am feeling tired



How angry do I feel?

1	2	3	4	5
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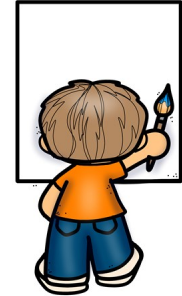
When I am feeling embarrassed



How angry do I feel?

1	2	3	4	5
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When I can't do something tricky



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When people don't understand me

???



How angry do I feel?

1	2	3	4	5
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When I get into an argument with someone



How angry do I feel?

1	2	3	4	5
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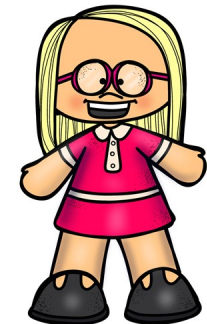
When someone hurts my feelings



How angry do I feel?

1	2	3	4	5
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When someone talks all of the time and won't be quiet



How angry do I feel?

1	2	3	4	5
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When it is raining
and I can't play out



How angry do I feel?

1	2	3	4	5
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When my brain just
doesn't understand



How angry do I feel?

1	2	3	4	5
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When someone tries
to use my pencils
without asking



How angry do I feel?

1	2	3	4	5
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When I have to leave
home to go to
school



How angry do I feel?

1	2	3	4	5
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When me and my
brother or sister
argue over toys



How angry do I feel?

1	2	3	4	5
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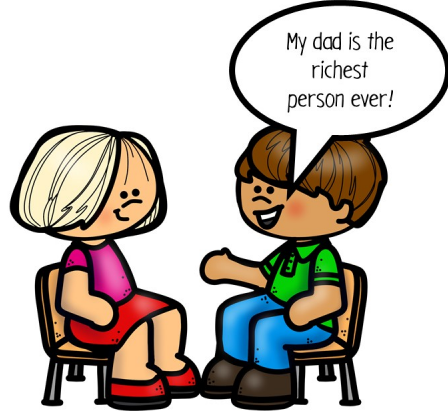
When I have to tidy
up at home or
school!



How angry do I feel?

1	2	3	4	5
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When someone tells a
lie to me



How angry do I feel?

1	2	3	4	5
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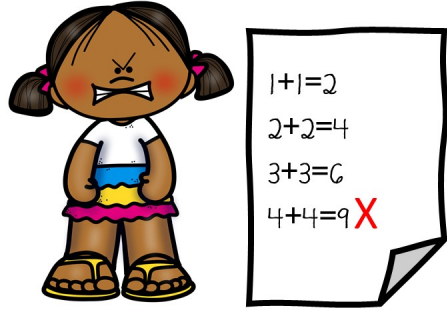
When I don't come
first in a race



How angry do I feel?

1	2	3	4	5
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When I don't get the top score in a test!



How angry do I feel?

1	2	3	4	5
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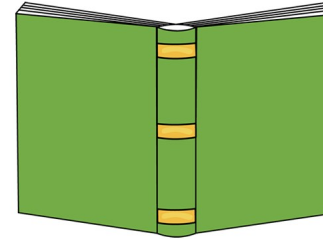
When I have to get my bag ready for school



How angry do I feel?

1	2	3	4	5
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When I am asked to read my reading book



How angry do I feel?

1	2	3	4	5
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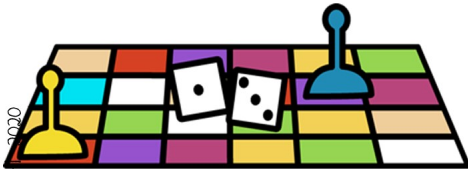
When I don't want to leave my mum on a morning



How angry do I feel?

1	2	3	4	5
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When someone cheats at a game



How angry do I feel?

1	2	3	4	5
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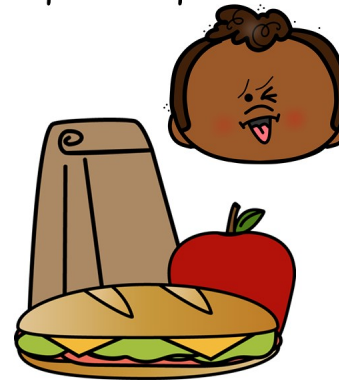
When it is my turn to go on the iPad and my sister won't let me



How angry do I feel?

1	2	3	4	5
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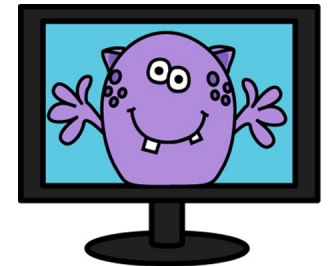
When I don't like my pack up!



How angry do I feel?

1	2	3	4	5
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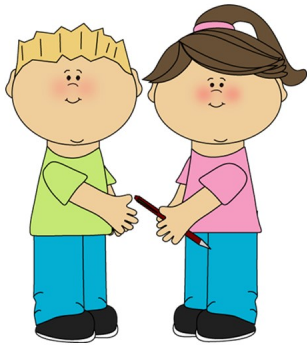
When me and my brother or sister argue over what to watch on TV



How angry do I feel?

1	2	3	4	5
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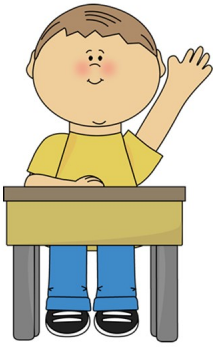
When someone won't share with me



How angry do I feel?

1	2	3	4	5
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When the teacher doesn't pick me even though my hand is up



How angry do I feel?

1	2	3	4	5
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When it is my turn to go on the computer but someone is on it.



How angry do I feel?

1	2	3	4	5
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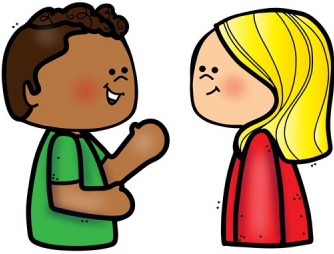
When I don't want to leave my mum on a morning



How angry do I feel?

1	2	3	4	5
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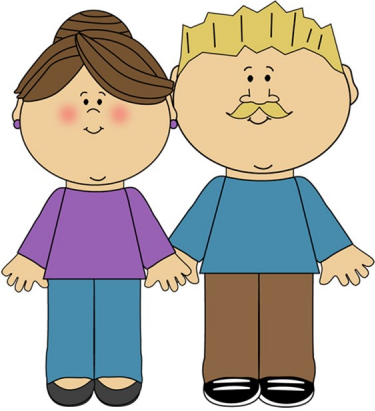
When I get bad news



How angry do I feel?

1	2	3	4	5
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When my mum and dad have an argument



How angry do I feel?

1	2	3	4	5
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When I have to get up on a morning



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

When I have to brush my teeth



How angry do I feel?

1	2	3	4	5
---	---	---	---	---

How angry do I feel?

1	2	3	4	5
---	---	---	---	---

How angry do I feel?

1	2	3	4	5
---	---	---	---	---

How angry do I feel?

1	2	3	4	5
---	---	---	---	---

How angry do I feel?

1	2	3	4	5
---	---	---	---	---

How angry do I feel?

1	2	3	4	5
---	---	---	---	---

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1	2	3	4	5
---	---	---	---	---

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1	2	3	4	5
---	---	---	---	---

How angry do I feel?

1	2	3	4	5
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