



ARE YOU COOKING? AN ANGER SURVEY FOR KIDS

There are no right and wrong answers. Just circle the number which says how strongly you agree or disagree with each statement

Strongly Disagree

Strongly Agree

Nobody listens to me

1 2 3 4 5 6

Other people wind me up

1 2 3 4 5 6

Life should be fair

1 2 3 4 5 6

I never do well

1 2 3 4 5 6

Strongly Disagree

Strongly Agree

I get angry when I don't get my way

1 2 3 4 5 6

The world should be a better place

1 2 3 4 5 6

My family wind me up

1 2 3 4 5 6

I can't control my temper

1 2 3 4 5 6

I get angry when people don't behave how I think they should

1 2 3 4 5 6

Now add up your score:

TOTAL _____

0-20	Pretty chilled
20-35	Bubbling
35 - 40	Boiling
40+	Steaming!

Ask yourself what this tells you about your angry feelings

Ask yourself if you like being this way

Is it hard work?