

Escape from Anger Island™

Anger Management Checklist

(reproducible)

This checklist can be filled out by a parent, teacher, or other adult who knows the child well. The checklist describes developmentally appropriate behaviors which are normally inhibited in children with anger control problems. Higher scores indicate that the child is learning age-appropriate anger management skills.

Child's name _____ Age _____ (or grade) _____

Please rate the child on each statement with 1=Strongly Disagree and 7=Strongly Agree. Progressively higher scores indicate improvement in anger management skills.

1. _____ The child is able to talk about his/her feelings and concerns.
2. _____ The child shows respect for the opinion and feelings of others.
3. _____ The child talks about things that upset him/her at appropriate times and in appropriate ways.
4. _____ The child suggests compromises when confronted with a conflict.
5. _____ The child shows increasing patience with frustrating situations.
6. _____ The child responds appropriately to teasing by other children.
7. _____ The child follows rules without hesitation or complaint.
8. _____ The child shows concerns for the feelings of others.
9. _____ The child makes positive comments about himself/herself.
10. _____ The child makes positive comments to others.
11. _____ The child responds to requests without complaint and with a positive attitude.
12. _____ The child is happy and positive most of the time.
13. _____ The child has a variety of activities and interests.
14. _____ The child does chores and homework without complaint.
15. _____ The child is able to assert his/her desires without impinging on the rights of others.