

# Understanding Anger

What are some situations that lead you to feel angry?

---

---

---

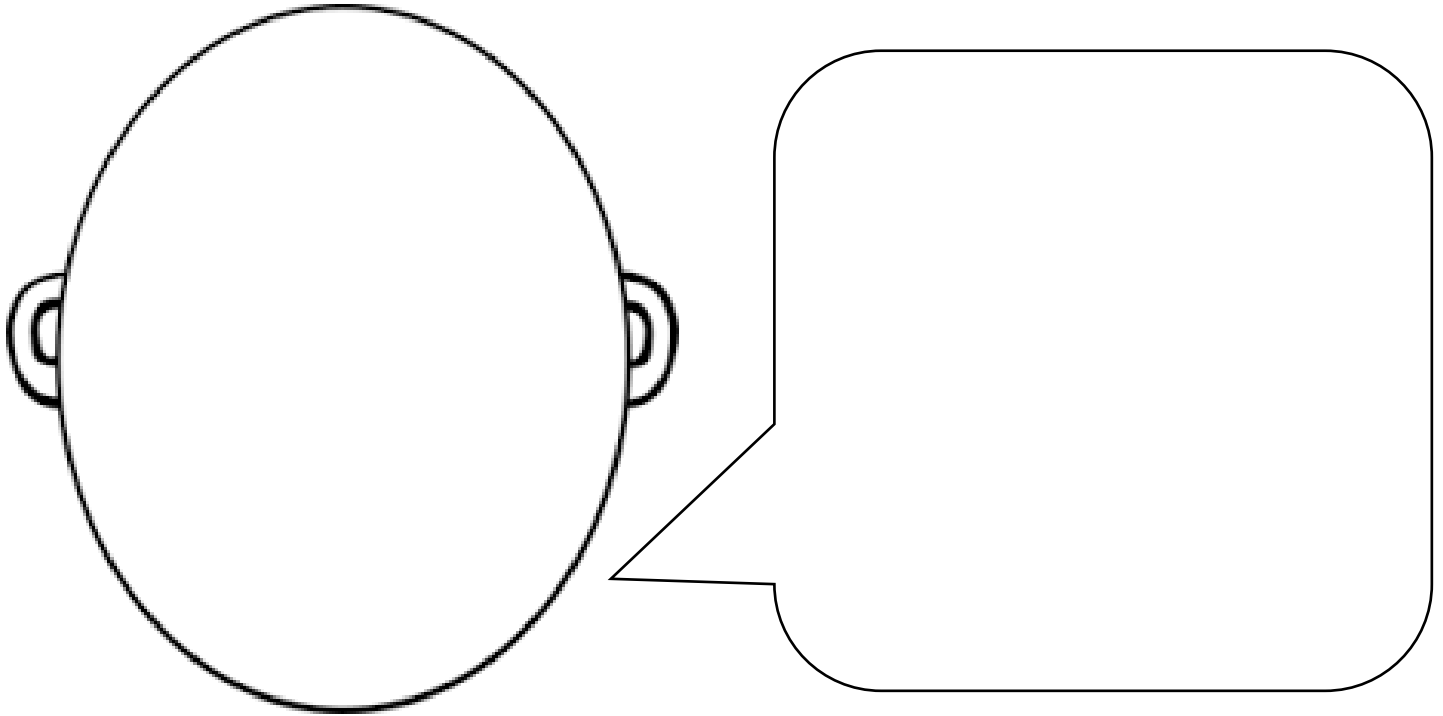
---

---

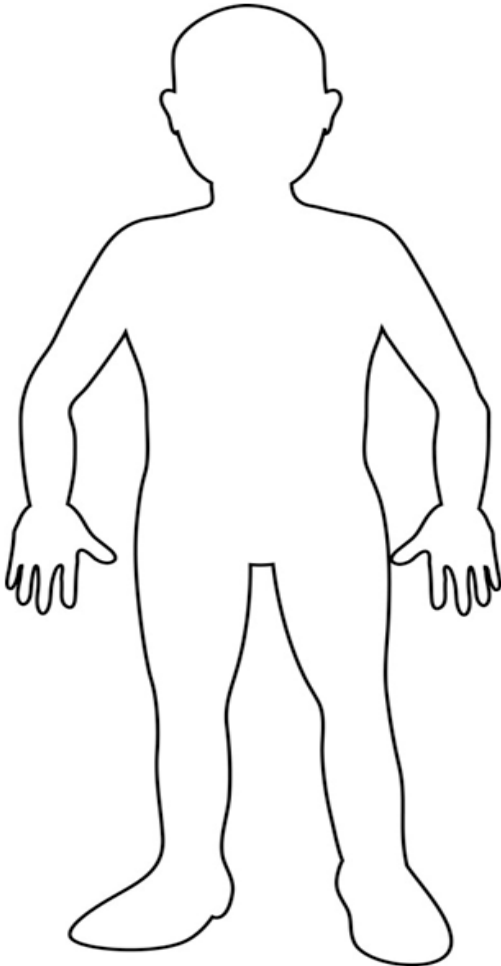
How do you behave when you feel angry? Write or draw about it

What does your face look like when you feel angry?

What things do you say when you feel angry?



Where in your body do you notice angry feelings? Color or draw it.



## Anger warning signs

Sometimes when we feel angry, we say or do things we don't usually do. When we feel angry we may behave in ways that are not our best selves. Recognizing angry feelings – even before they get too big – can help us to act in ways that are more helpful.

What are some signs that you are feeling angry? Circle the choices below that match YOUR anger warning signs. You can use the blank spaces to write your own.

Upset stomach	Headaches	Punching the wall
Making fists	Crying	Sweating
Yelling	Hitting other people	Attacking other people
Body Shakes	Arguing	Trouble breathing
Throwing things	Tight chest	Bullying other people
Screaming	Hitting yourself	Cutting yourself
Running away	Mind goes blank	
Make an angry face	Go be alone	

## Calming Skills

When we use calming skills, we are better able to manage anger. We can better manage anger, we are more in control, and less likely to get in trouble. Even though there may be good reasons to feel mad, when we are in control, we are better at solving our problems. There is nothing wrong with feeling anger. But there are better ways to manage angry feelings.

Circle the calming skills that you think would help YOU to better manage angry feelings. You can write your own ideas on the blank line.

Go for a walk

Practice deep breathing

Talk to someone

Draw

Listen to music

Write

Meditate

Exercise

Paint

Walk away

Count backwards from 100

Go outside

---



Something that leads  
me to feel...

- 1) Calm
- 2) Annoyed
- 3) Angry
- 4) Furious

4)

---

3)

---

2)

---

1)

---

## Thoughts, Feelings, and Actions – Anger

When we feel stressed, it can lead to anger and we might behave in ways that get us in trouble. Our thoughts can lead to feelings. When we understand how our thoughts lead to feelings and the way we act, we can start to make changes.

For this activity, think of a time that you felt angry. Use the boxes to fill in what the stressful situation was, the thoughts you were having when you were angry, and how you acted while feeling angry. In the last box, think of some ways that you could act differently, think differently, or skills you might use to feel less angry. Try and do three examples.

Stressful situation	My thoughts about the stressful situation	The Feeling I had	The way I responded or acted	Something different I could try next time
		ANGER		
		ANGER		
		ANGER		