

YOU'VE
BEEN
MISSED

FEELING
ANGRY



What is anger?

We have lots of different feelings, some feelings make us feel good and some feelings make us feel not so good. Anger is a feeling that everyone gets and often happens when we feel something is unfair, when we feel embarrassed or when our brains think we are in danger (whether we really are or not).

Although anger is a normal feeling that everyone experiences, it can get out of control really easily. We can help by learning to understand our anger and putting things in place as early as possible to stop us from exploding!



ACTIVITY

Why do you think the child in the picture might be angry? Draw or write about it below.



Why we might feel angry?

People feel angry for lots of different reasons. We might feel angry because we feel we are being treated unfairly or that we got into trouble for something that we didn't do. Take a look at some things that may make us angry. Do any of these make you angry?



1:

getting into trouble.



2:

being told what to do.



3:

being embarrassed by someone or something.

ACTIVITY

What makes you angry? Draw or write about it below.
Can you explain why it makes you angry? Share this with an adult you trust.

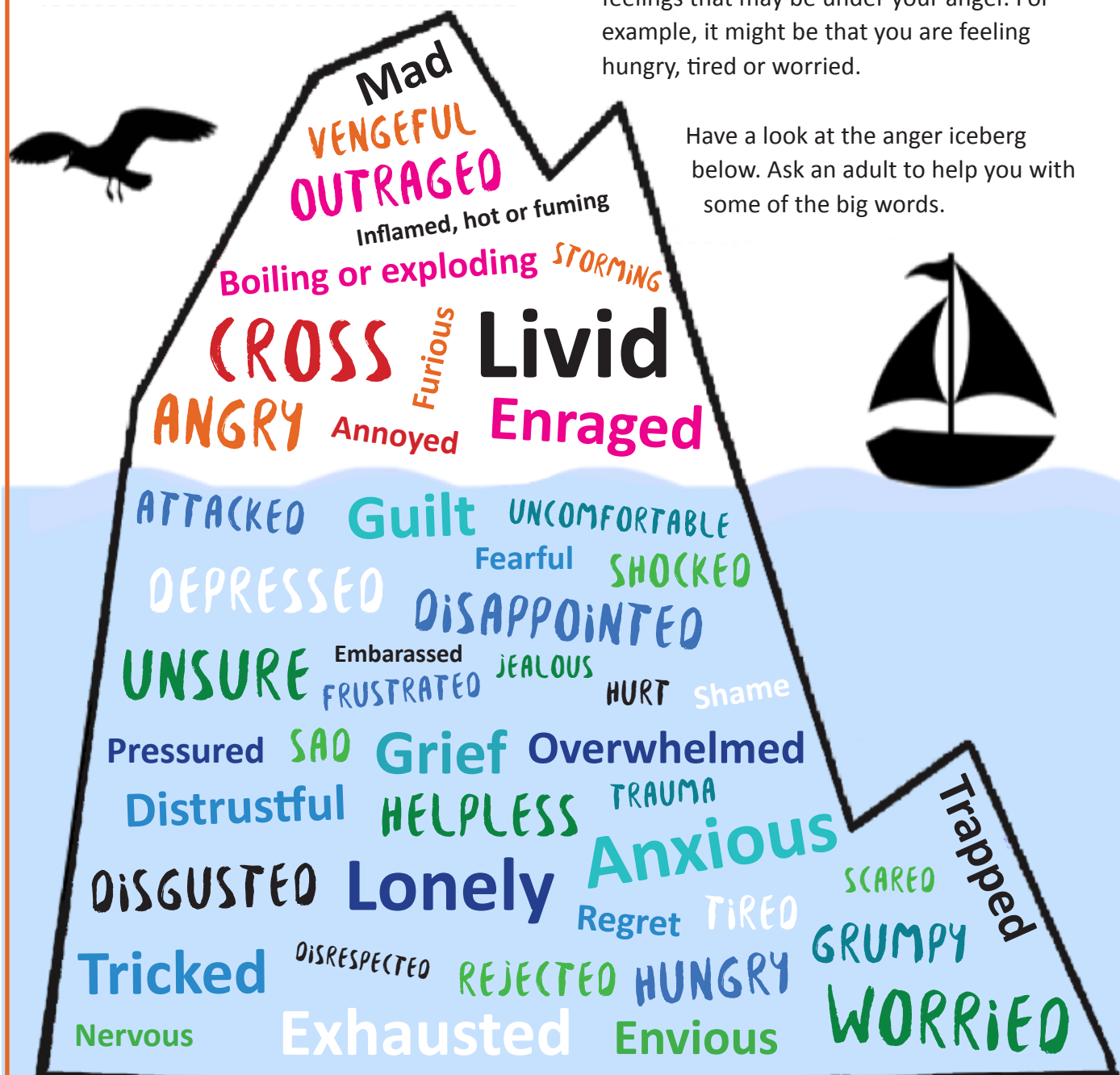


What is under your anger?

Icebergs are giant floating pieces of ice found in the coldest parts of the ocean. What you can see from above is just a tiny part. Most of the iceberg is hidden under the water.

Icebergs are like anger because sometimes what you feel (or others see) on the surface is not actually what you are feeling underneath. By thinking about your anger as an iceberg, it can help you to consider any other feelings that may be under your anger. For example, it might be that you are feeling hungry, tired or worried.

Have a look at the anger iceberg below. Ask an adult to help you with some of the big words.



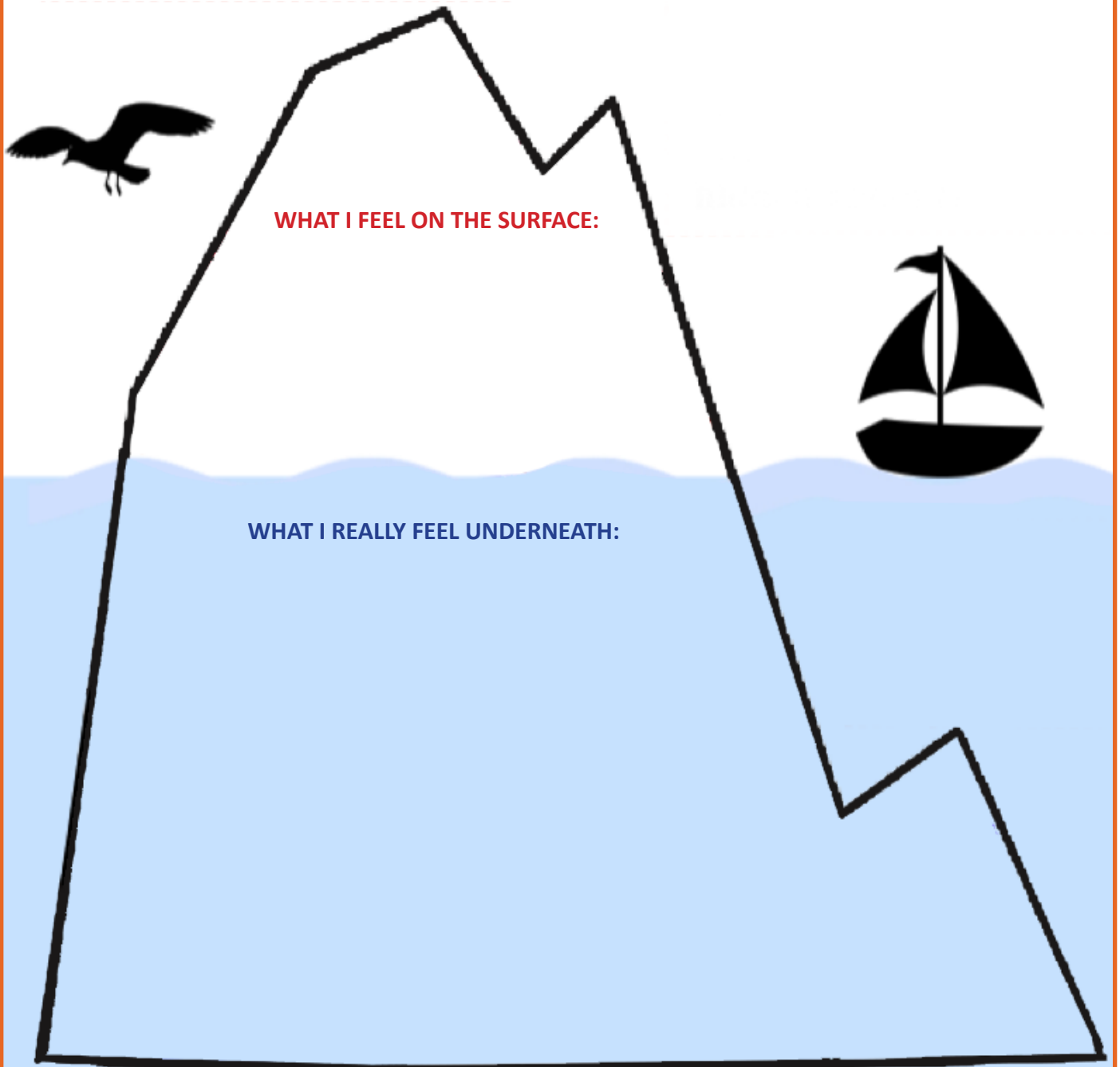
When we are angry there are often other feelings under the surface

ACTIVITY

Create your own Anger Iceberg below.



MY ANGER ICEBERG



WHAT I FEEL ON THE SURFACE:

WHAT I REALLY FEEL UNDERNEATH:

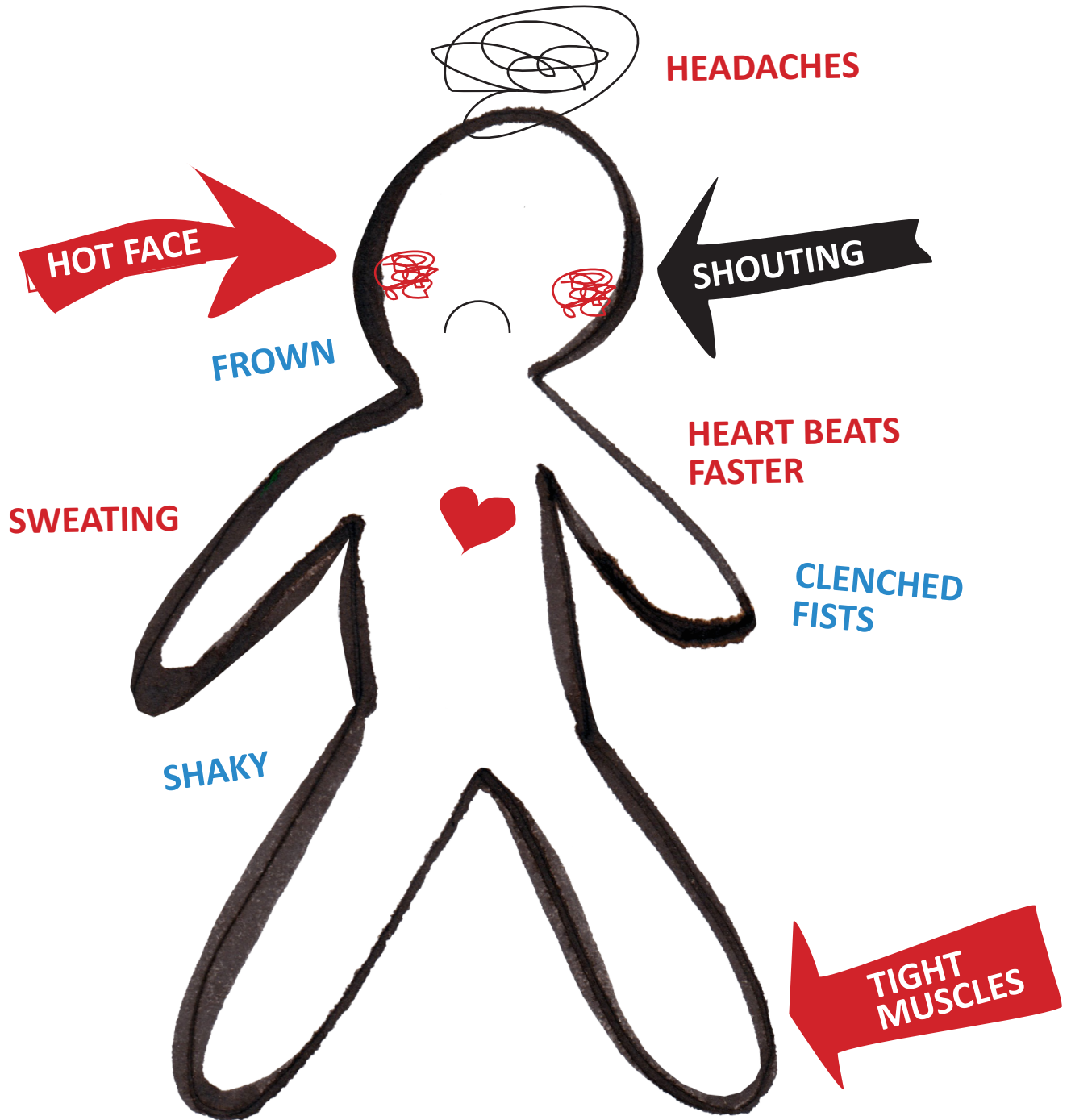
REMEMBER:

When you are feeling angry stop and think if there could be anything else under your anger.

What happens to us when we are angry?

It is normal to be a little angry at times, but sometimes this anger can grow very big and can explode like a volcano!

It might feel like our anger goes from 0-100 (feeling fine to ready to explode) but our body usually tries to give us warning signs. By listening to our bodies we can know when we are starting to feel angry and do something to make us feel less angry. Look at the body map below that has some common signs of anger. How do you know when you are angry? What is your first sign?



ACTIVITY

Think of this as your body. Draw, write or colour where in your body you feel anger. Think from the top of your head to the tips of your toes, both inside and out!



REMEMBER:

Knowing how you feel,
can help you know how
to manage your
feelings.

What can help us feel less angry?

Once we know how our body reacts when we are feeling angry we can do things to help ourselves feel better. There are lots of different things we can do to help us feel less angry.

Here are some examples:



1:

talk to a friend or an adult that you trust about how you feel.



2:

learn your anger warning signs- what happens in your body when you start to first feel angry?



3:

do something active such as star jumps, push ups or or running on the spot.



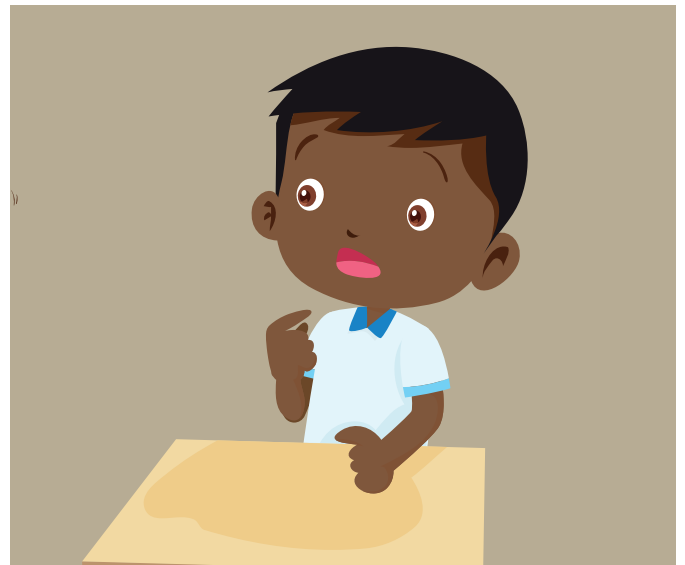
4:

do something you enjoy to distract yourself and get your mind off what has made you angry. For example, you could draw, read a book or play a game.



5:

tear up paper from the recycling basket
(make sure what you choose is okay to use).



6:

count to 10 and focus on breathing slowly.

REMEMBER:

**Anger is okay, but we need
ways to let anger out
in a safe way.**

ACTIVITY

Think of a time when you felt angry. What did you do to feel less angry?
Write or draw your answers below. Discuss this with an adult you trust.
Can they help you think of anything else?



Anger: top tips!

1 RECOGNISE YOUR ANGER SIGNS

Being aware of what causes our anger and what goes on inside us when we are getting angry can help us to understand and manage it better.

2 DO SOMETHING CREATIVE

This can help you channel your energy and focus towards something else. Anger is a way of expressing ourselves so finding more productive ways to express how we feel can be useful.

3 COUNT TO TEN

This can give you time to think and calm down

1..2..3..4..5
..6..7..8..9..10

4 TALK ABOUT HOW YOU FEEL

This could be with anyone that you find comforting to talk to - don't bottle it up.

5 LISTEN TO CALMING MUSIC

This can help to change your mood and slow down your physical reaction.