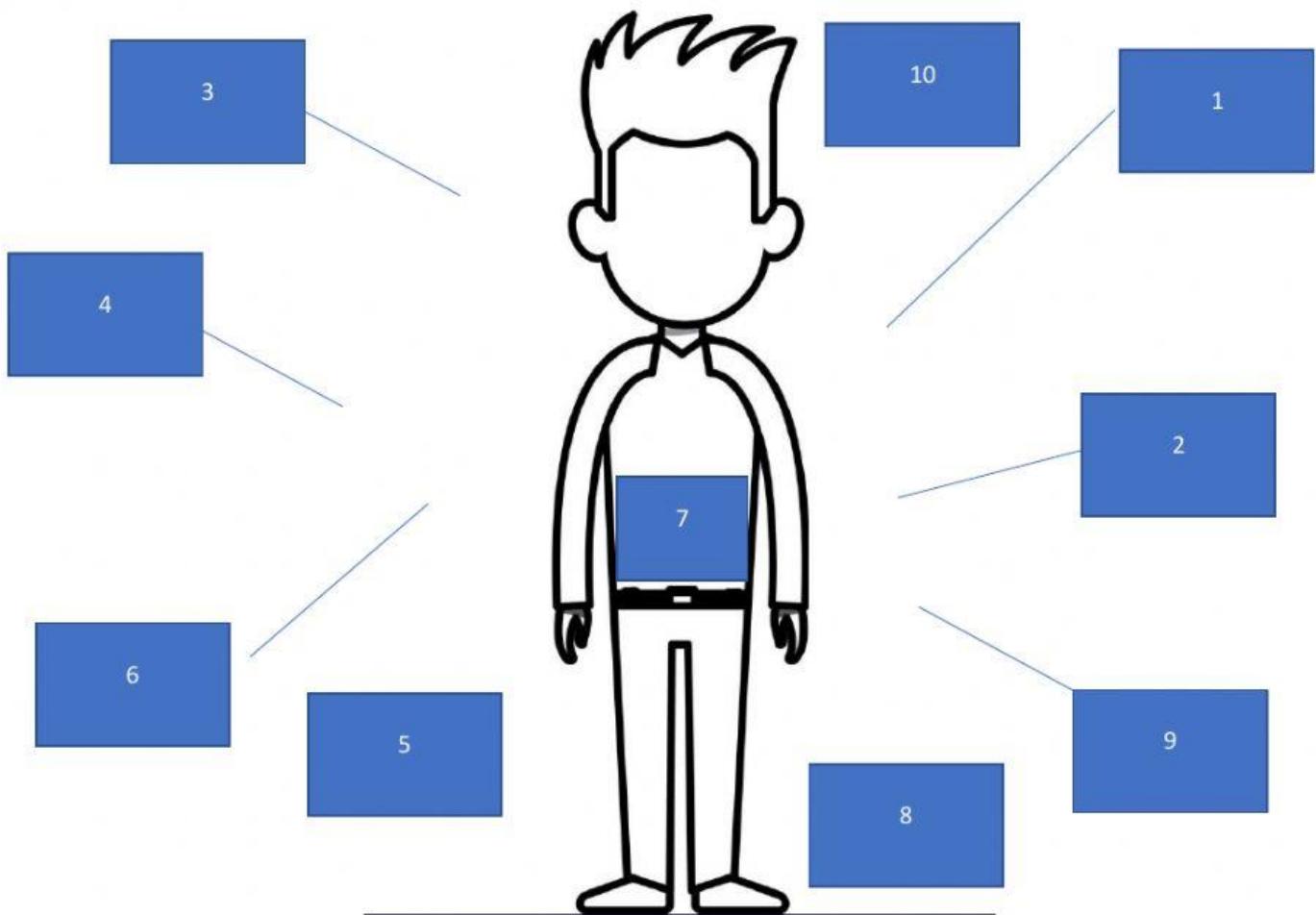


What Does Anger Feel Like

When you feel angry the emotion causes your body to feel different. You may not always feel the same way when you are angry but you may often feel certain things



Drag the circles below to indicate how your body responds when you



1. Clenched
jaw/
grinding

2.
Sweating

3. Face
turns red or
feels hot

4. Tense
shoulders

5. Palms
sweaty

6. Breathing
harder and
faster

7. Knots in
stomach

8. Pacing

9. Clenched
fists

10.
Scowling/
frowning

ANGER TRIGGERS

An anger trigger is something that happens to make you feel irritated frustrated or mad. What are some things that make you angry. Look at the list below. Are you triggered when.....Type YES or NO



	TRIGGERS	YES or NO
1	I get in trouble for something I didn't do	
2	You want something you can't have now	
3	You are accused of doing something you didn't do.	
4	You hear that someone has been spreading rumors about you.	
5	People touch my things without permission	
6	When I don't feel listened to or understood	
7	My electronics stop working	
8	I loose when playing a game	
9	I am left out by my family or friend group	
10	Someone doesn't do what you tell him to do.	
11	People are rude, inconsiderate or disrespectful	
12	You are told that you can't do something	
13	My siblings touch my things without permission	
14	Someone threatens you.	
15	Someone unexpected happens that messes up your schedule.	

KEEP CALM AND CARRY ON



KEEP
CALM
AND
CARRY
ON

Look at each of the actions below. Determine which ones you can use:

Sometimes, Always, Never, Worth a Try
to keep calm when you are angry

CALMING TECHNIQUES	TYPE Sometimes/ Always/ Never/Worth a Try
Breathe deep and concentrate on calming down.	
Talk it out	
Write about it	
Walk away and let it go	
Tell them stop	
Wait and cool off	
Ignore it	
Apologize	
Listen to music	
Play with a pet	
Exercise	
Use positive self-talk	
Breathe in and out slowly	
Take some cooling down time	