



TRAINING NETWORK

MANAGING ANGER



CHILD RESOURCE



It's not wrong to feel angry, but it's important to handle it in a helpful way.

Everyone feels angry sometimes.
It's OK! What matters is how we manage it.
You can stay in control and make good choices.



WHAT IS ANGER?

Anger is a feeling we get when something bothers us, isn't fair, or doesn't go the way we want. It's our body's way of telling us something is wrong.



Remember: You can't always control what happens, but you can choose how you respond.



WHAT TRIGGERS ANGER?

Different things make us angry.
Here are some common triggers:



When someone is unkind



Not getting what I want



Losing a game or competition



Being blamed for something



Feeling tired, hungry or overwhelmed



When plans change



Remember: We all have different triggers. That's OK!



HEALTHY WAYS TO MANAGE ANGER

Try these helpful strategies:

- ✓ Take 3 slow, deep breaths
- ✓ Count to 10 slowly
- ✓ Walk away and take a break
- ✓ Talk about how you feel
- ✓ Write or draw your feelings
- ✓ Exercise or stretch
- ✓ Think about a happy place
- ✓ Ask for help if you need it



Remember: Calming down helps you make better choices.

MY CALM DOWN PLAN – When I feel angry, I can:

1 STOP



Stop what I'm doing.

2 BREATHE



Take 3 slow, deep breaths.

3 THINK



Think about what happened and how I want to respond.

4 CHOOSE



Choose a helpful way to calm down.

5 ACT



Use my strategy and stay calm.

6 REFLECT



Think about what went well next time.



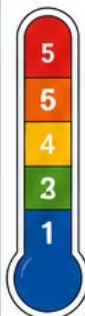
DID YOU KNOW?

It takes lots of practice to manage anger. The more you try, the better you will get!



ANGER THERMOMETER

How angry do you feel right now?
Colour or circle the number.



- 5 **EXPLODING!** I feel out of control.
- 4 **VERY ANGRY!** It's hard to stay calm.
- 3 **ANGRY!** I feel upset.
- 2 **A LITTLE ANGRY.** I feel annoyed.
- 1 **CALM.** I feel OK.



Remember: Try to stay in the green or blue zone.



CHANGE YOUR THINKING

Our thoughts can make anger bigger or smaller.
Try these helpful thinking tips:

Instead of thinking...

Try thinking...

This is so unfair!

I can handle this.

I hate this!

It's hard, but I can get through it.

They did it on purpose!

Maybe it was a mistake.

I can't stand this!

This won't last forever.



Remember: Helpful thoughts = calm feelings.



WHAT HELPS YOU CALM DOWN?

What are your favourite ways to calm down? Write or draw them below.

Blank dashed box for writing or drawing.



WHEN TO GET HELP

It's OK to ask for help if:

- You feel angry a lot of the time
- You hurt yourself or others
- You can't calm down
- You feel worried or upset for a long time



Remember: There is always someone who can help you.



YOU CAN DO IT!

Managing anger is a superpower! You can learn it, practise it, and use it every day.
Be proud of yourself for trying your best!



Take a breath



Make a good choice



Stay calm



Feel proud



Be kind

★ ★ ★ I CAN MANAGE MY ANGER. I CAN MAKE GOOD CHOICES. I CAN BE PROUD OF MYSELF! ★ ★ ★

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