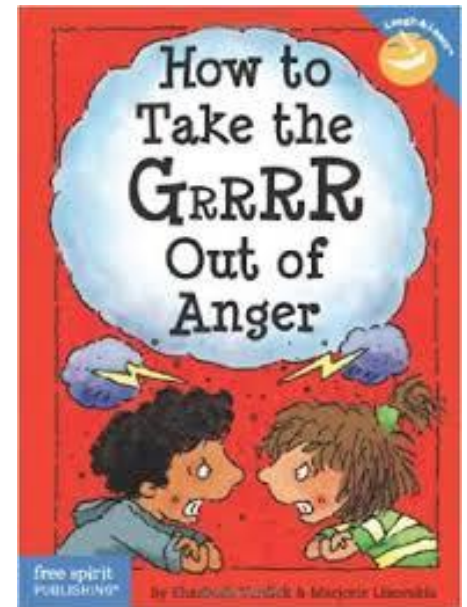


# How to take the Grr out of Anger!



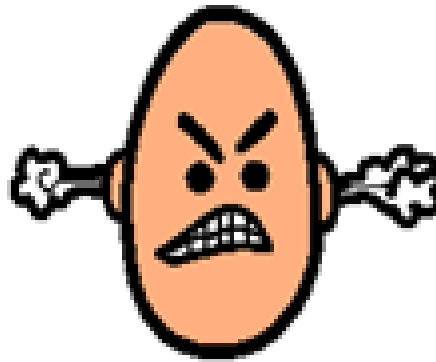
# Words for Anger:

fuming

angry

irritated

cross



irate

furious

raging

outraged

# Anger affects our bodies in different ways;

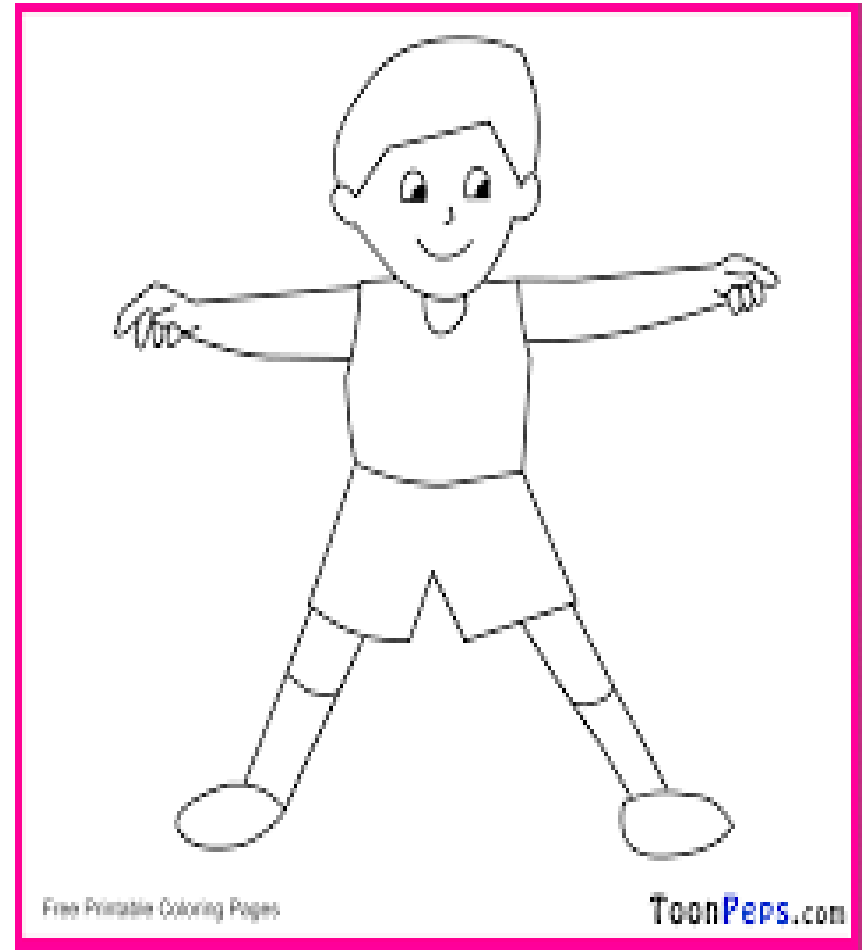
Head: feels like its going to explode

Face: hot/red

Tummy: knots/butterflies

Legs: shaky/stiff/rigid

Hands: fists/shaky



# How my Body Feels When I am Angry:

Head: My head feels like it will explode

Face: Red









Tummy: Shaky

Legs: calm

Hands: Fisty



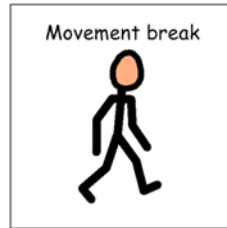
# Anger affects you and other people too!

Anger Thermometer		
5		hitting, screaming throwing, pushing, crying   
4		yelling screaming 
3		loud voice angry face
2		something is wrong
1		I feel good / okay

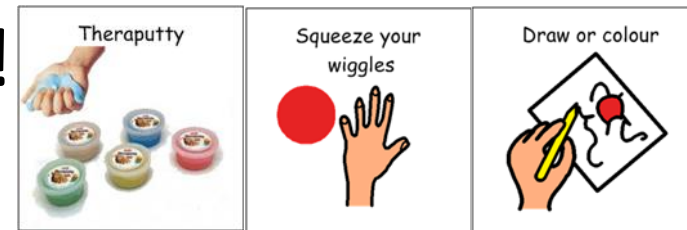
How are you making me feeling?	
5	 I am VERY angry
4	 I am angry about what you are doing
3	 I am upset about what you are doing
2	 I am a little bit disappointed with you

# Emergency! Quick ways to get the anger out!

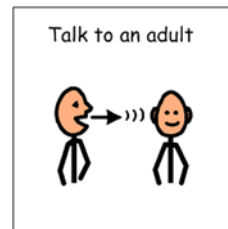
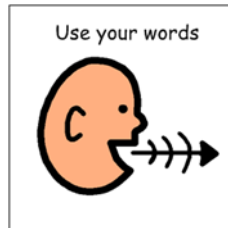
Get Physical



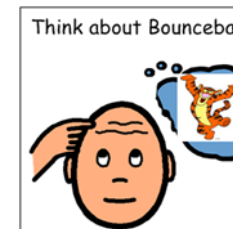
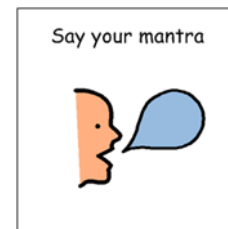
Do Something with your hands!



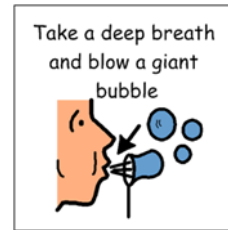
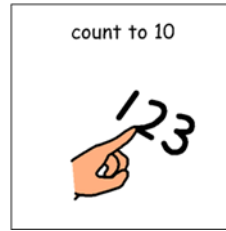
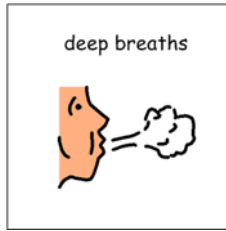
Vent!



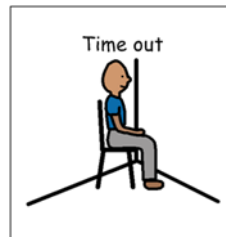
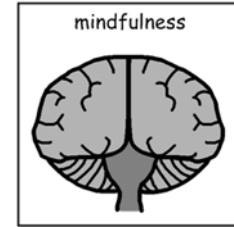
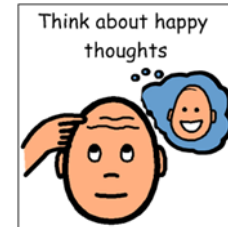
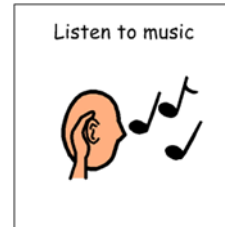
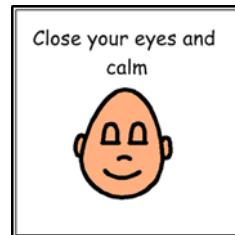
Talk "smart" to Yourself!



# Breathe

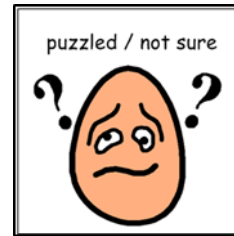
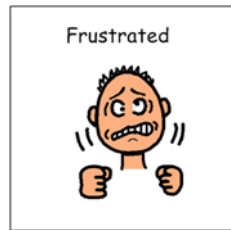
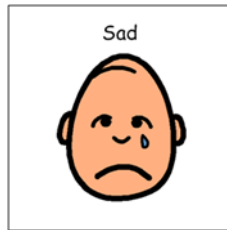
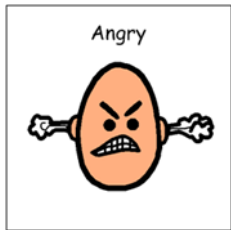


# Relax

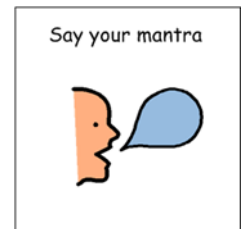
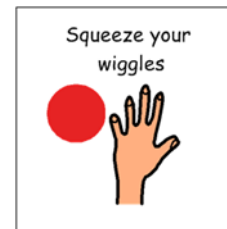
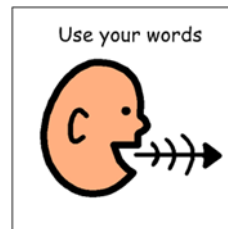
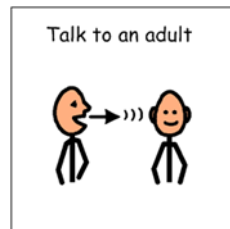
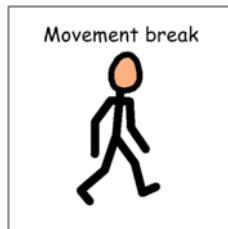


# My quick ways to get the anger out!

If I feel ....



I can get my anger out by...





# The Different Faces of Anger

*Scream*

*shout*

*kick*

*Punch*



*Stomp*

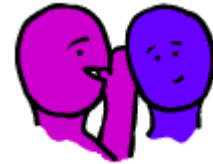
*Sulk*

*pout*

*bully*

# Hidden Anger

- Dirty looks
- Nasty rumours
- Roll their eyes
- Tell someone's secrets
- Gang up on someone
- Ignore people: refuse to speak to them



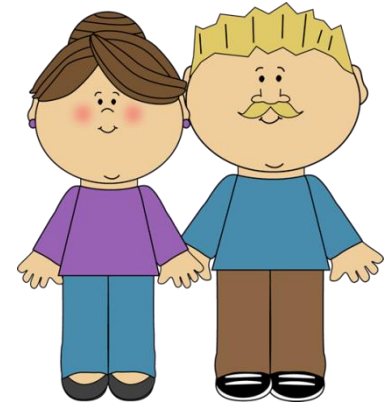
**MIND GAMES**

# If you...

- Get mad super fast
- Break stuff when your mad
- Hurt others when your angry
- Fell angry with yourself most of the time

# People who can help...

- Parents
- Grandparents
- Aunties/uncles
- teachers



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# Dopey Things Angry People Do

What happens when you do stupid stuff when your mad?

Regret

(Regret means you wish you hadn't done it, but its too late to take it back)

# Things I have done that I regret?

- . I wish I hadn't ....
- . I didn't mean to .....