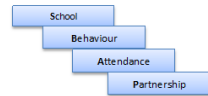
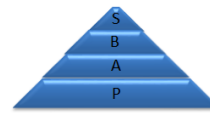


Name _____

Do you want to talk
about it?

I'm feeling angry

Written by Jo O'Neill
Children's Counselling Therapist



For the Adults using this workbook

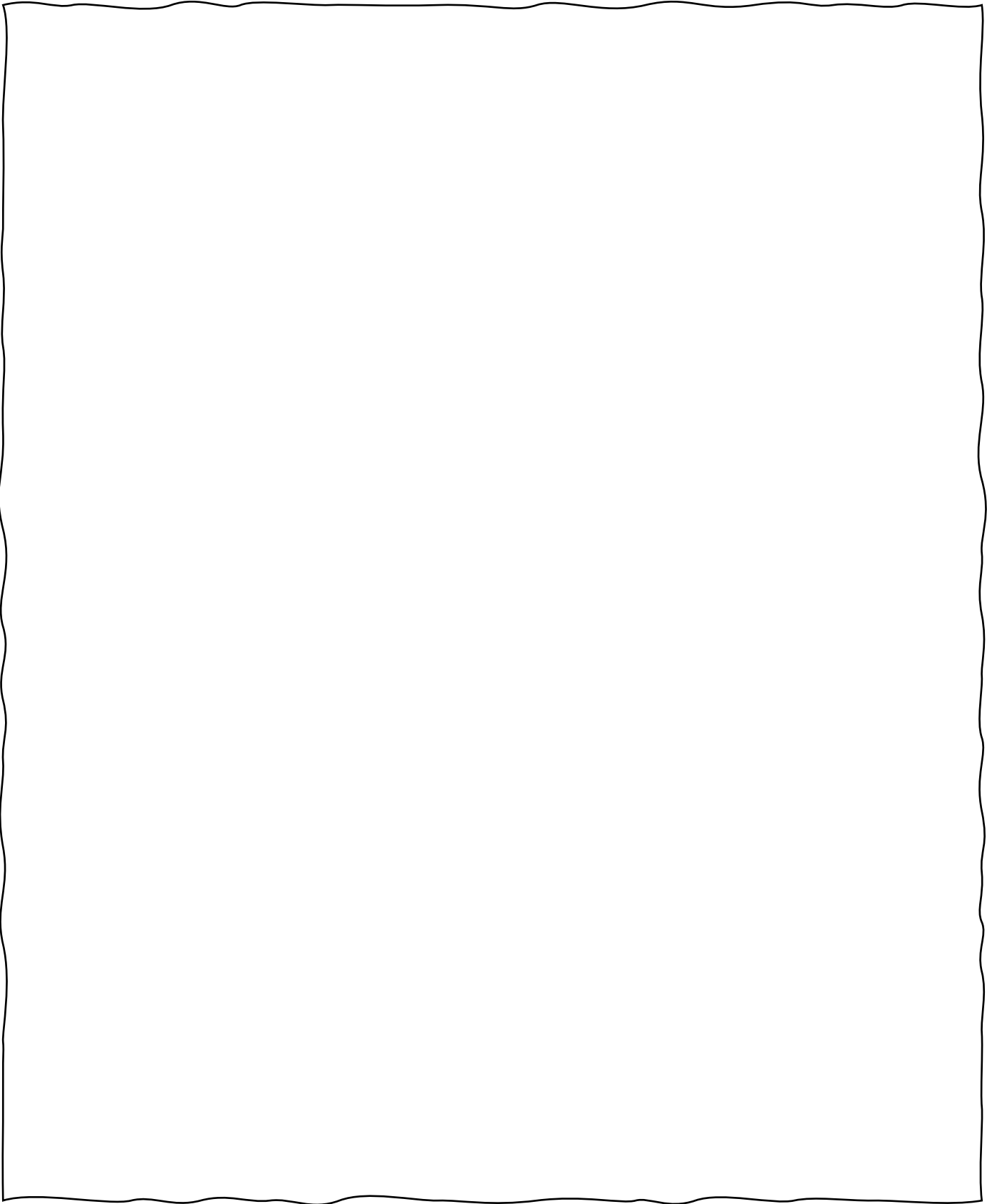
- The book is to be used with a child on a 1-to-1 basis.
- It is aimed at higher-KS1 and KS2 children who struggle with emotional outbursts or find it difficult to control their temper.
- Ask the child if they would like to complete the workbook with you. Make sure they are motivated to want to change how they feel when they are angry.
- This booklet may be printed as many times as needed.
- Find a quiet spot where you will not be interrupted.
- Equipment needed - colouring pens/pencils or crayons in a variety of colours.
- You do not need to complete the book in one sitting, it can be used over a period of time.
- If the booklet is to be stored to continue another time, ensure that you keep it in a safe place that cannot be read by others. They may share things that are very personal. Confidentiality is crucial. Report any safeguarding concerns immediately to the school safeguarding officer.
- It may be useful to have a few copies of the “What shall we talk about today” page and use it at the beginning of each session. It is important that from the start of you working together the child feels heard. This is their time to talk about how they feel. It maybe that they want to tell you a few different things about what is going on in their life before you move on to the support for their anger.
- Anger is often associated with shame, be mindful to speak without judgement.
- When the workbook is completed, ask if the child would like to keep it. If they do not want to, ask what they would like you to do with their work.

WHAT SHALL WE TALK ABOUT?

Colour in all the things you would like to talk about today



**CAN YOU DRAW A PICTURE OF
WHAT ANGER LOOKS LIKE?**



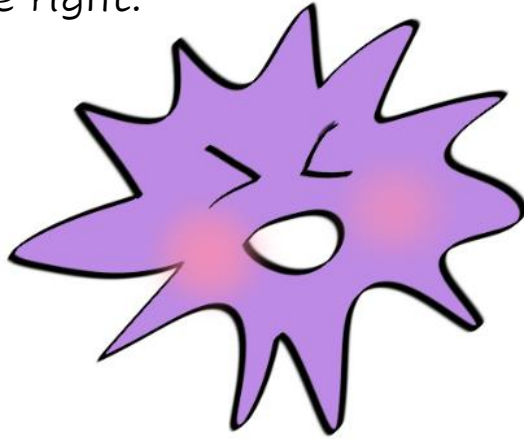
I'M FEELING ANGRY

Do you ever feel so mad that it feels like it takes over your whole body? You want to scream and shout or hit something really hard!!

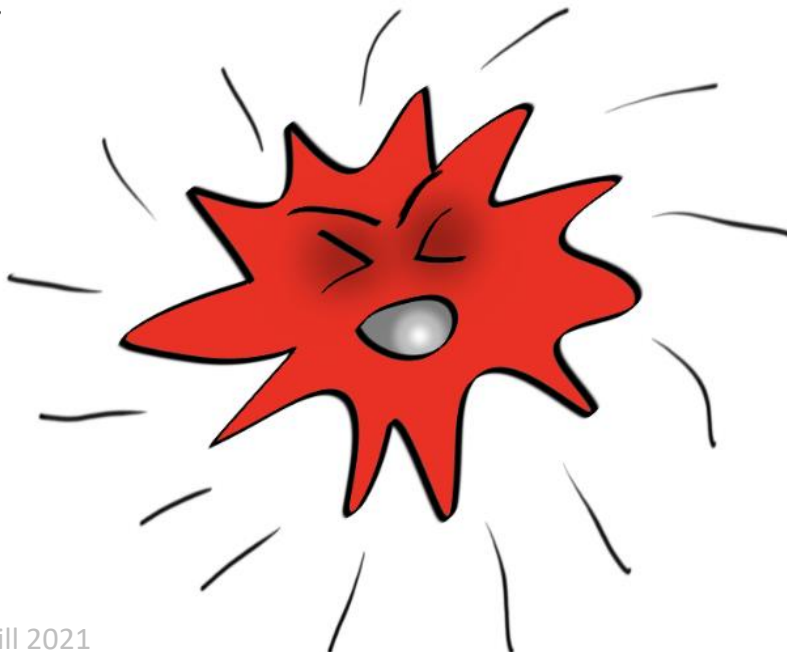
There is Good and Bad anger

Good anger helps you to stand up for yourself or others. If someone was being nasty to your best friend, calling them names or hurting them, you would feel angry - "Its not right to treat them this way!"

Anger can make you feel passionate to change things that you don't think are right.



Bad anger is anger that you can't control. This anger controls you and that's not good! It will make you say things you don't really mean, hurt yourself or others, or break things you wish you hadn't.





GOOD ANGER



A lot of the time, we get told that its bad to be angry.
Lets think about how feeling angry can be positive.

Think about how angry Greta Thunberg is about climate change.

She has transformed her anger into passion to make people think about looking after the Earth.



"I've learned you are never too small to make a difference"

Many people set up charities because they feel things aren't right and need to change.

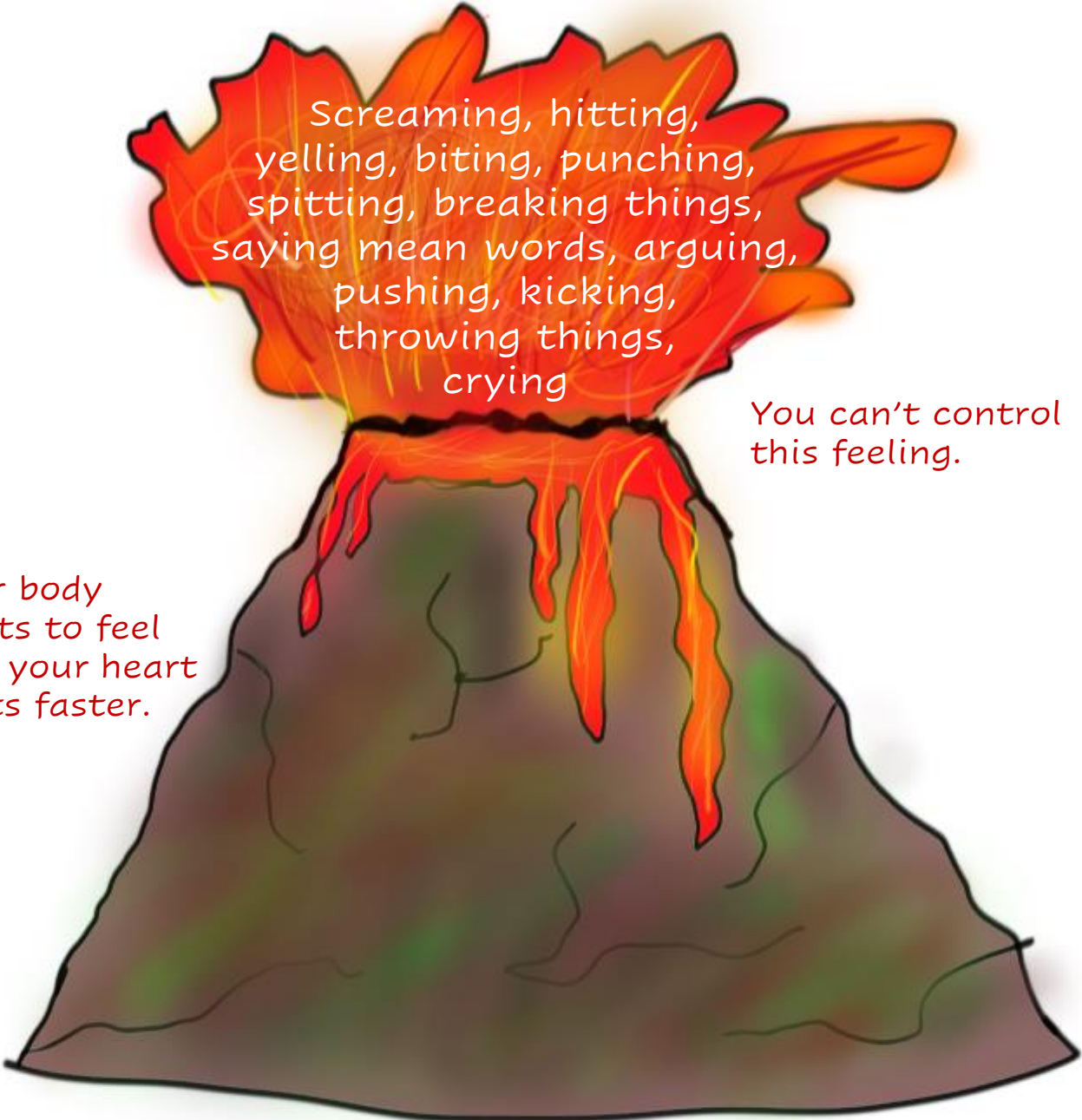


Anger, formed in the right way, can change the world!

Is there anything that you would like to change in the world?

BAD ANGER VOLCANO

Think of anger like a volcano, it starts deep down, builds and builds, until suddenly it explodes! You can't control it.



Screaming, hitting,
yelling, biting, punching,
spitting, breaking things,
saying mean words, arguing,
pushing, kicking,
throwing things,
crying

You can't control
this feeling.

Your body
starts to feel
hot, your heart
beats faster.

Starting to feel mad. This is not fair!! This is not right.

What does it feel like when you are angry?



STOP THE ANGER BEFORE IT ERUPTS

You are in control of your body and your feelings. It will take some practice, its ok if you still feel angry sometimes.

Do a body scan

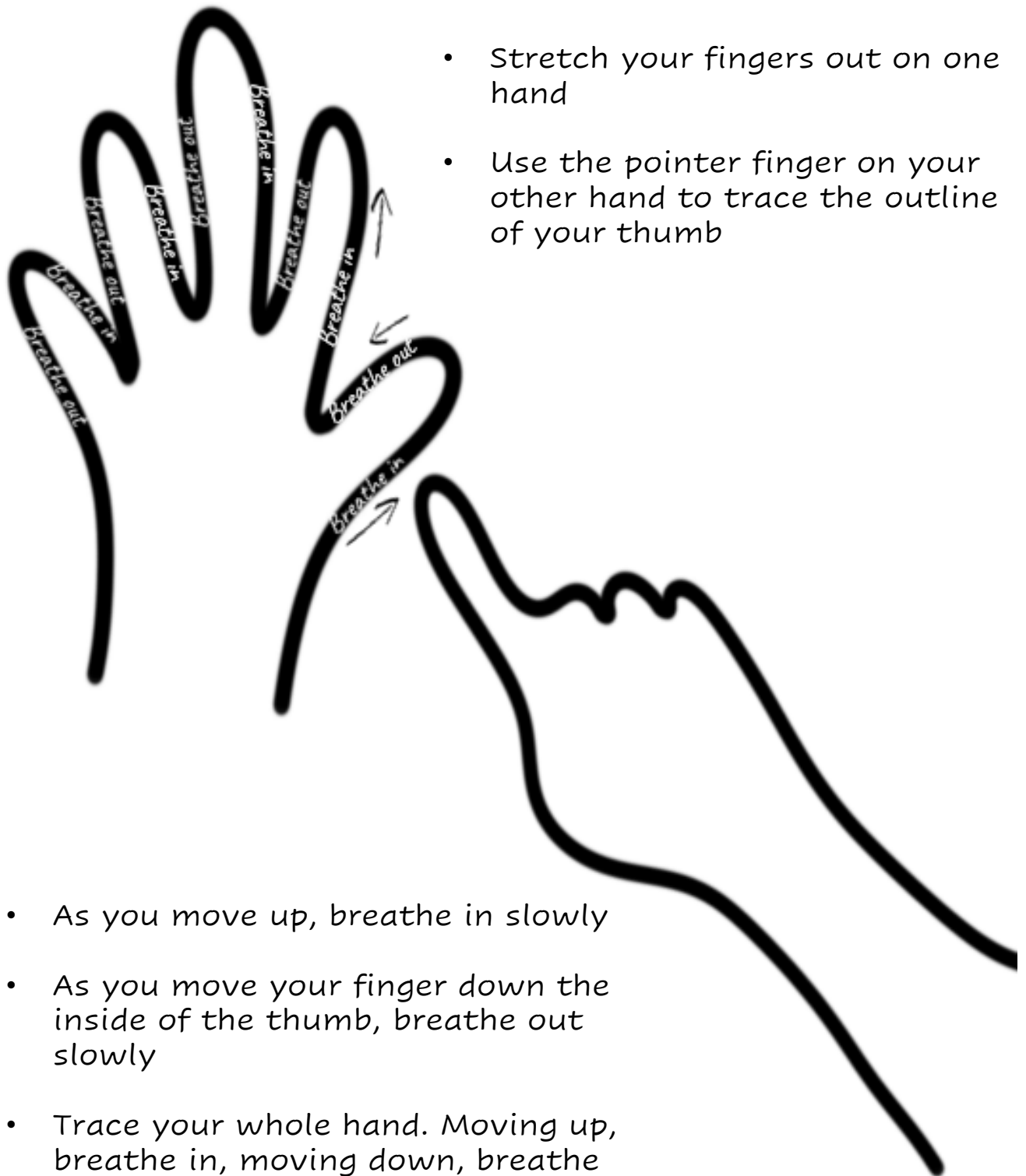
Start at your toes and work up your body - your knees, leg muscles. Are your hands in a fist? Are your shoulders raised? Are your teeth clenched?



Try it - how does each body part feel? Can you soften and relax the parts of your body that feel tense?

FIVE FINGER BREATHING

This is a great way to focus on breathing slowly. It will help you to feel calm and relaxed.



- Stretch your fingers out on one hand
- Use the pointer finger on your other hand to trace the outline of your thumb

- As you move up, breathe in slowly
- As you move your finger down the inside of the thumb, breathe out slowly
- Trace your whole hand. Moving up, breathe in, moving down, breathe out

THE ANGER BRUISE

When you start to feel angry, take a moment to ask yourself if you are angry about what is happening right now, or is it left over anger from something else?

Think of this as an anger bruise, something that hasn't properly healed yet.



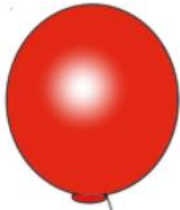
If the anger bruise hasn't healed and something new doesn't go how you wanted it to, it causes you to feel super angry!

Are there things from the past that you still feel angry about?

LETTING GO . .

Maybe you feel that you are holding on to angry feelings from a while ago (an anger bruise). If the thought of it still makes you feel mad sometimes, this could help:

Imagine putting your angry feelings into a balloon,



Imagine this balloon floating up into the sky



Let go of those angry thoughts, they will only upset you.



You can recognise your angry feelings and choose to let them go.

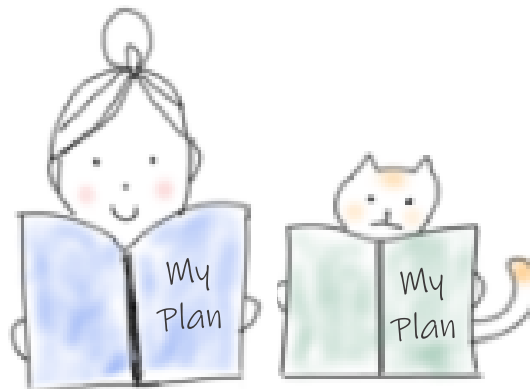
MAKE A PLAN

Its hard to stop anger once it starts. What is your plan to stop the anger exploding?

When I start to feel the anger building I will calm myself down by . . .

**I will distract myself with happy thoughts.
I will think about . . .**

Other ideas?



YOU DON'T HAVE TO DO THIS ALONE

Who can help you to be in control when you feel angry?



What can they do or say to help you feel calm?

HOW TO APOLOGISE

We all make mistakes. If you get angry, one thing that can help is to say you are sorry.

I am sorry for . .

It was wrong because . .

Next time I will . .

What can I do to make things better?





THANK YOU FOR SHARING YOUR FEELINGS



YOU ARE AMAZING!