

Managing Anger

- To gain an understanding of what anger is
- To recognise feelings of anger, in ourselves and in others
- To learn healthy ways to express anger.

I can...	Emerging	Developing	Secure	Excelling
explain and understand what it means to feel angry				
Use a range of vocabulary to describe my angry feelings.				
Identify times that I have felt angry.				
Recognise the triggers of my anger.				
Describe how I feel, behave and react when I am angry.				
Describe primary and secondary emotions.				
Understand that anger feelings can cause sensations in our bodies.				
Describe some of the physical sensations that I get in my body when we feel angry				
Describe how my body feels when I am relaxed.				
Understand that my thoughts can cause me to feel angry.				
understand that my behaviours can be triggered by my anger.				
change some of my angry thoughts into more positive/productive thoughts				
Identify some ways of expressing anger safely.				
devise a plan to manage my anger.				