**Seeing Red**

Name:



**THE ANGER RULES**

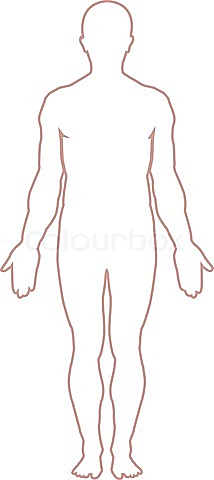
It’s **OK** to feel angry ***BUT***

* ***Don’t*** hurt others
* ***Don’t*** hurt yourself
* ***Don’t*** hurt property



* ***Do*** talk about it

Task 1:

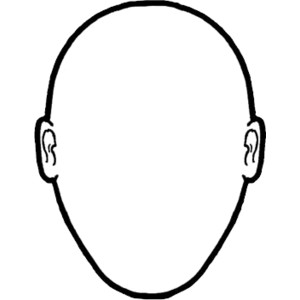
1. On the body below, label all of the things that happen to *your* body when *you* get angry.
2. Then in a different colour, list all of the things that could happen to the body when someone gets angry.

Sweaty palms

Task 2:

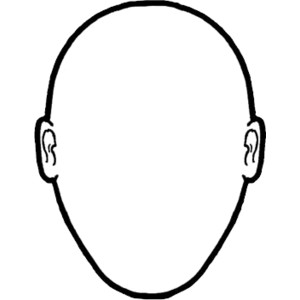
On the head below, write in all of the thoughts that go through your head when you get angry.

EG: “I want to run away” or “I want to break something”.



Task 3:

Draw your face when you are angry.



Task 4:

How many synonyms can you think of for the word ‘angry’?

Angry

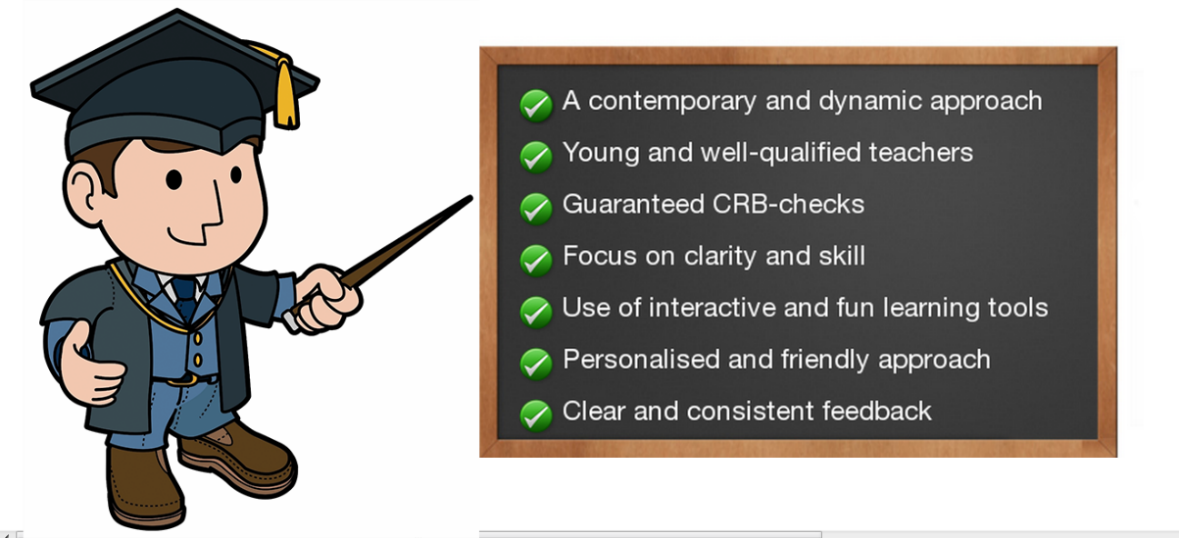
Task 5:

You are a teacher in a school.

Your name is Mr/Miss ………………… and you’re having a hard time trying to manage the behaviour of a certain boy who is being very disruptive in your lesson. The student is throwing things around to try and get people’s attention, he’s scribbling on his work, singing songs and is not letting the other people in his class do their work which is starting to get the other students pretty annoyed.

Your job is to try and calm the disruptive student down before his peers start to kick off at him.

What would you do?

And if that didn’t work?

Task 6:

Do you know what your triggers are?

**A trigger is something that makes you go from calm to angry very quickly.**

List 3 of your triggers add more if you need to

EG: Someone saying something nasty about my family

1.

2.

3.



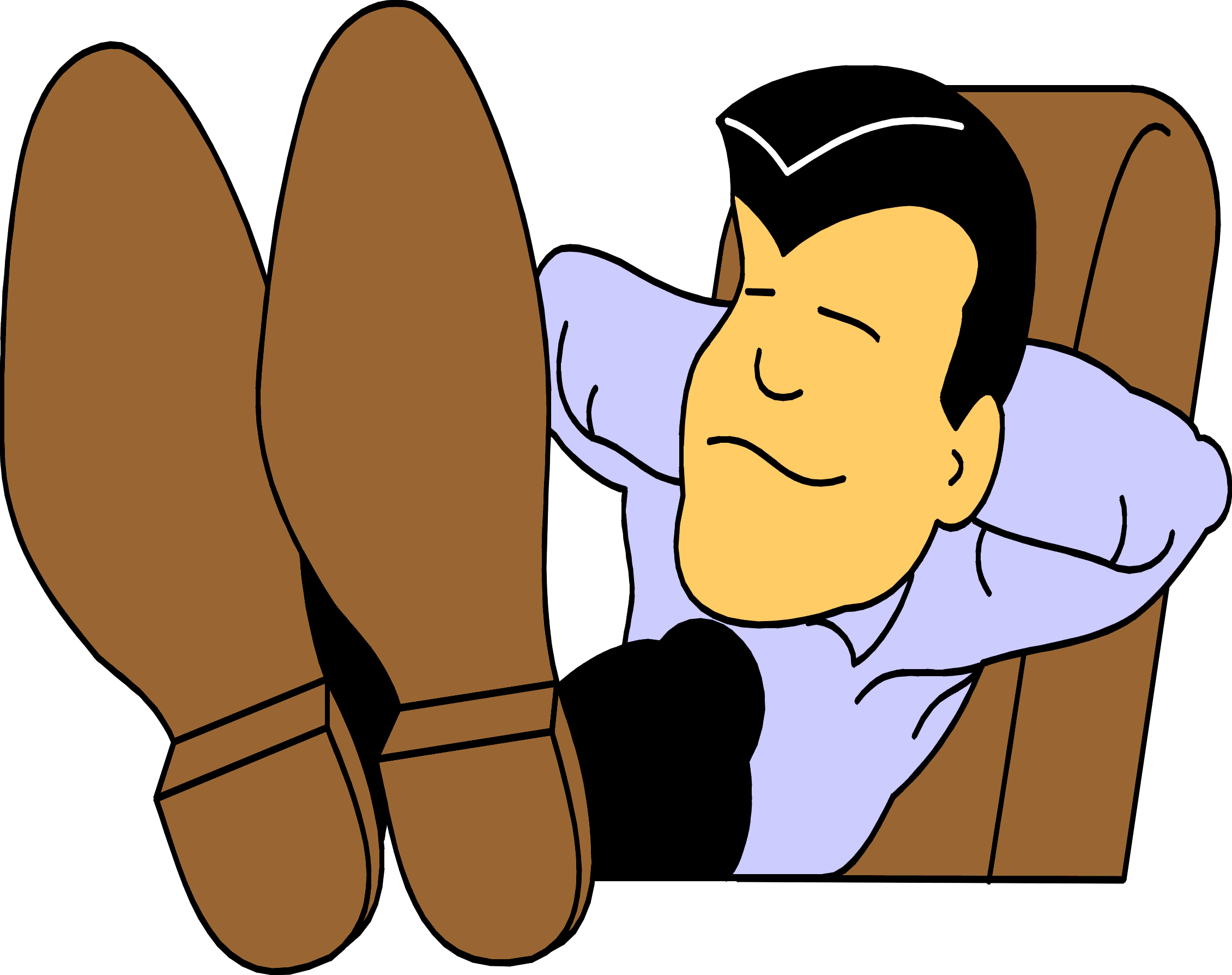
Task 7:

Do you know what makes you feel calmer when you’re angry?  
  
List 3 things that make you feel calmer add more if you can.  
  
  
EG. Leaving the room to spend time alone

1.

2.

3.



Task 8:

From looking at these images, match the feelings that the person is feeling with the words in the middle



Sadness

Confusion

Anger

Fearful

Disgust

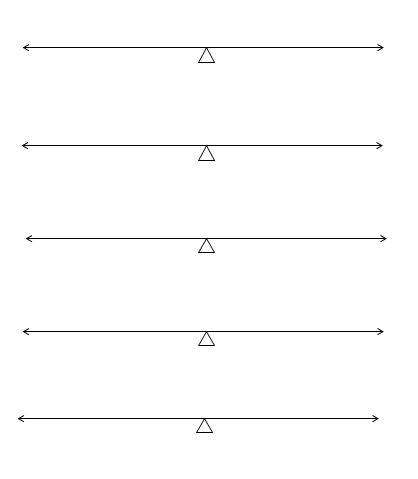
Happiness

Task 9:

How I feel when I am at **Home.** On the scales below, mark with an **X** where you think you belong.

**Messy**

**Neat**



**Angry**

**Calm**



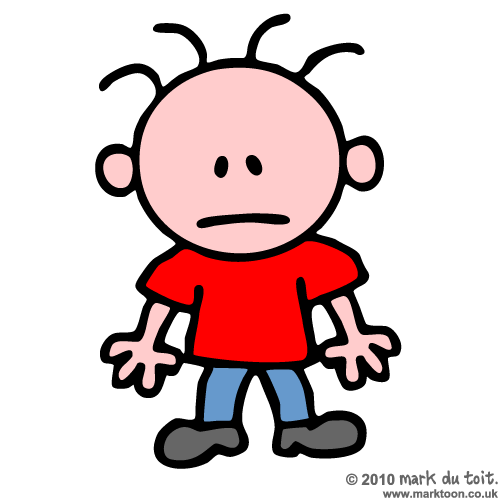
**Always think the worst**

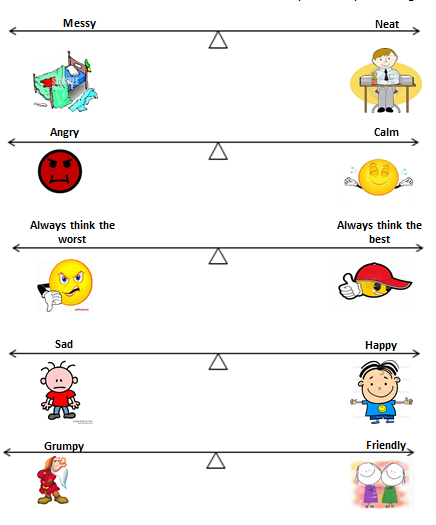
**Always think the best**



**Sad**

**Happy**



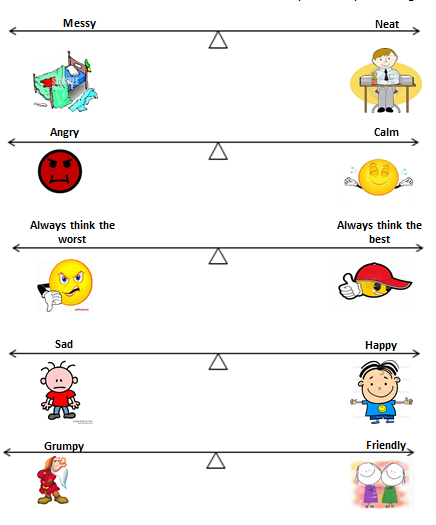


Task 10:  
How I feel when I am at **School**.On the scales below, mark with an **X** where you think you belong.

**Grupy**

**Messy** **Neat**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



Task 11:

Think of a time that you said or did something you regretted.

In the space below describe the…

**T**

**Trigger Event** (what happened):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**R**

**Reference** (how you incorrectly evaluated the situation):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**U**

**Unhealthy Response** (what you did that you now regret):

**T**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Truth** (what was really going on):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

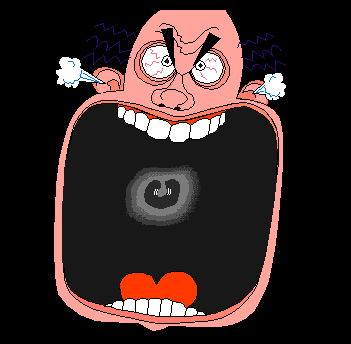
**H**

**Healthy Response** (what you can do better the next time):

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Some useful websites for dealing with anger**

* [www.kimscouncelingcorner.com](http://www.kimscouncelingcorner.com)
* [www.teenshealth.org](http://www.teenshealth.org)
* [www.kidshelp.com.au/teens](http://www.kidshelp.com.au/teens/)
* [www.youngminds.org.uk](http://www.youngminds.org.uk)



Task 12:

Anger can be caused by Stress.   
**Stress is when you feel things in your life are too hard. It can make you feel very angry, very sad and very confused.**

Below are examples of common causes of stress. See how many you can think of to add to the diagram.

Common Causes of Stress

**Arguments at home**

**Struggling with school work**

Task 13:   
There are 3 ways people show stress: Think of a car!

**- Foot on the accelerator** - Becoming angry or annoyed

* **Foot on the brake -**  You become quiet and seem bored or tired
* **Foot on both** – You “freeze” under pressure and can’t do anything

Can you remember a time when you reacted each of these ways? Below, try to list a time when you felt like this.

**Foot on the accelerator** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Foot on the brake**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Foot on both  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Task 14:

There are ways that work well for dealing with stress.

Below are examples of common ways to reduce stress. See how many you can think of to add to the diagram.

Dealing with Stress

**Talking about your worries with friends, family or teachers**

**Avoiding arguments**

**Listening to music or drawing**

Task 15:

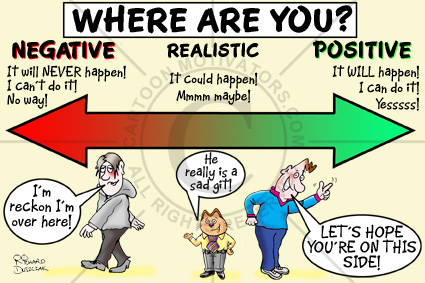
**Keeping thoughts positive is one of the best ways to stay feeling happy.**

Don’t think - ‘Things *always go wrong for me!*’

Try - ‘Things *aren’t going well at the minute, but if I keep trying they will improve’****.* It seems silly but it works!**

Try and think of 3 things that have happened to you this week that have made you feel happy

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

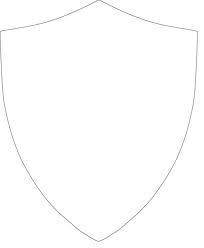


Task 16:

Which event do you think would cause each feeling?

|  |  |
| --- | --- |
| You have been told off by your teacher for something that you didn’t do | http://t2.gstatic.com/images?q=tbn:ANd9GcQBkVxH3qgs1tW0kBuYHCLfv77JH53v929WBFy4BI_lA3KOfReItg |
| You’ve been asked to read your work out loud, but you hate public speaking | http://files.softicons.com/download/web-icons/keriyo-emoticons-icons-by-deleket/png/300x300/Anger%202.png |
| You woke up this morning and your dog had passed away | http://t2.gstatic.com/images?q=tbn:ANd9GcSGKbrO3DduMZL7Js8Ot7LEO6C7y20VcTaSvyocwcXHLu1L9XsQ |
| You have just been given tickets to see your favourite band | http://t3.gstatic.com/images?q=tbn:ANd9GcQI896zm4Xsvg1t209LwCLGfL-Ep2VzTe0dZ4L4zV8Fhh6ZsXUjaQ |
| You’re stuck at home and aren’t allowed your TV, phone or to see friends | http://www.johnehrenfeld.com/book/images/sad_smiley_by_shangyne.jpg |
| You said something really mean to a friend yesterday and now they’re upset | http://4.bp.blogspot.com/-6k2Cq8d98eM/TlnXCtrOAhI/AAAAAAAAAgc/DnwJaFz1Ph8/s1600/Nervous_Emoticon_563424.jpg |

Task 17:   
Draw yourself a shield that can protect you. You can draw on it things that keep you calm or make you happy and feel safe. It can be old fashioned, sci-fi or anything else you can think of. You can add words to it or colour it in.

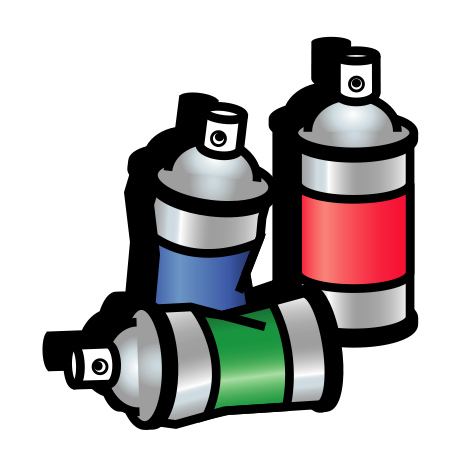


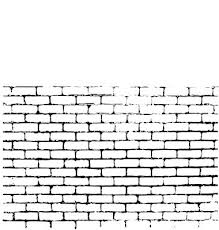
Task 18:

Are you a volcano? Write words or even pictures in the lava to show what damage can be caused when you get angry.



Task 19:

Here is a brick wall. You have been told that you are allowed to paint on it. Use different colours to graffiti on the wall, words to describe how you’re feeling and pictures to show why you feel this way.



Task 20:….Finally!

Cross out the emotions which are negative feelings, leaving the positive feelings on show. Add any others you can think of.

**Fear**

**Worry**

**Bored**

**Excitement**

**Jealousy**

**Love**

**Surprise**

**Anger**

**Shame**

**Guilt**

**Sadness**