

What Does Anger Feel Like? For Me....

Everyone's body gives us clues.

Circle the ones that happen to you.

- ☐ Butterflies
- ☐ Sweaty hands
- ☐ Fast heartbeat
- ☐ Tummy ache
- ☐ Wanting to hit things
- ☐ Feeling sick
- ☐ Can't think
- ☐ Wanting to hide
- ☐ Feeling shaky
- ☐ Wanting Mum, Dad or Carer
- ☐ Other _____

Next time I feel angry I can...

- ☐ Take deep breaths
- ☐ Ask for help
- ☐ Use my calm object
- ☐ Have a break
- ☐ Play some ball games
- ☐ Tell someone how I'm feeling
- ☐ Something else...

My Support Team are?

Who helps you?

- ☐ My carer
- ☐ My teacher
- ☐ My family
- ☐ My friend
- ☐ Someone else

What Makes My anger Bigger?

Draw or write..

What Helps My anger Feel Smaller?

Draw or write..



Find more resources at
www.ourlifetales.com.au

When I'm feeling angry ...

Complete the sentences.

I need people to...

It helps when people...

It doesn't help when people...