



Angry

Feeling angry is when we feel mad or upset about something.

Times we might feel **angry**:

- When we don't get to play because we have to do our school work
- When people misunderstand what we are saying
- When something doesn't go well for us

When we feel **angry**, our body might feel like:

- Our face is hot and red
- Our muscles are tight and tense
- Our heartbeat is faster than normal

Understanding Angry / Questions for learning:

What are some times a person might feel **angry**?

When you feel **angry**, what does your body feel like?

Write about a time that you felt **angry**. What was it like?





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I'm Angry.

ANGRY'S ROADMAP

Road Trip Rage**STOP THE CAR!**

Do you SEE Angry Palace?!

We NEED to go NOW!

**TRIGGERING
EVENT**

Angry took a road trip with her parents, Bitter and Furious. She looked out the window and saw in the distance, an Angry Palace restaurant. This is Angry's favorite restaurant! She yelled, "STOP THE CAR! DO YOU SEE ANGRY PALACE?! WE NEED TO GO NOW!"

Angry had a strong reaction to seeing her favorite restaurant.

**NEGATIVE
THINKING**

Angry's Mom, Bitter said, "We can't stop just yet. Plus, your dad wants Angry Hogs instead." Angry sighed, "Ugh!" She thought about how annoying it was that her dad liked Angry Hogs more than Angry Palace. Angry thought about all the reasons her dad was wrong!

Angry was having some pretty negative thoughts.

**EMOTIONAL
RESPONSE**

Angry continued looking out the window, longingly, wishing her parents would have just listened to her! She sighed a deep sigh and wondered, "Why do my parents never listen to me?"

Angry felt annoyed and sad that her parents didn't agree with her.

**PHYSICAL
RESPONSE**

Angry could not calm down. She began to think, "Is there a way I can change this situation?" She wondered, "How can I get my parents to listen to me?!"

Angry's face felt hot and red, and her fists tensed up.

**BEHAVIORAL
RESPONSE**

Angry felt even hotter now, and her face even redder (if you can imagine!) She decided, "I'll show them!!" With that, Angry threw the newspaper out the window. "Oh, no", she thought, "I'm gonna be in big trouble for this."

Angry immediately regretted her actions.



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Road Trip Rage



TRIGGERING EVENT

When we feel angry, oftentimes there is a reason we begin to feel upset. For Angry, it was when her parents said they wouldn't stop.

Can you remember an event or situation that you have felt angry about?



NEGATIVE THINKING

After an upsetting situation occurs, oftentimes we begin to think negatively. Angry thought her parents were being mean and that her dad was wrong.

Can you remember a time when you had negative thinking like Angry?





EMOTIONAL RESPONSE

Angry then realized, she was feeling sad, frustrated, and upset that her parents weren't going to stop when she wanted.

Can you remember some other emotions you have felt when you have felt like Angry?



PHYSICAL RESPONSE

Emotions can cause physical changes in our body. Angry began to feel her face get hot and her fists tighten.

What happens in your body when you feel angry?



BEHAVIORAL RESPONSE

Angry decided to act out on her anger by throwing her dad's newspaper out the window.

Can you remember a time you acted out because you felt like Angry?



ANGRY'S WORKSHEET

Stoplight

HI! I'M ANGRY!

Part of understanding what it means to be angry means we have to think about how we feel. I've created this helpful check you can use if you think you are beginning to feel upset!



HERE IS MY STOPLIGHT!

When it is **GREEN**, I know that I am all good and feeling fine.

When my light is **YELLOW**, I usually begin to realize something is not right. I notice this because I start having negative thinking, or I begin to feel other emotions, or my face gets all hot and my fists clench up.

When my light is **RED**, I know it is time to talk to my trusted adult and look into my suitcase for some coping strategies.

MAKE YOUR OWN STOPLIGHT!

Draw or write your answers to the questions below in each circle. Use the back of this page if you'd like to draw your own stoplight.

GREEN

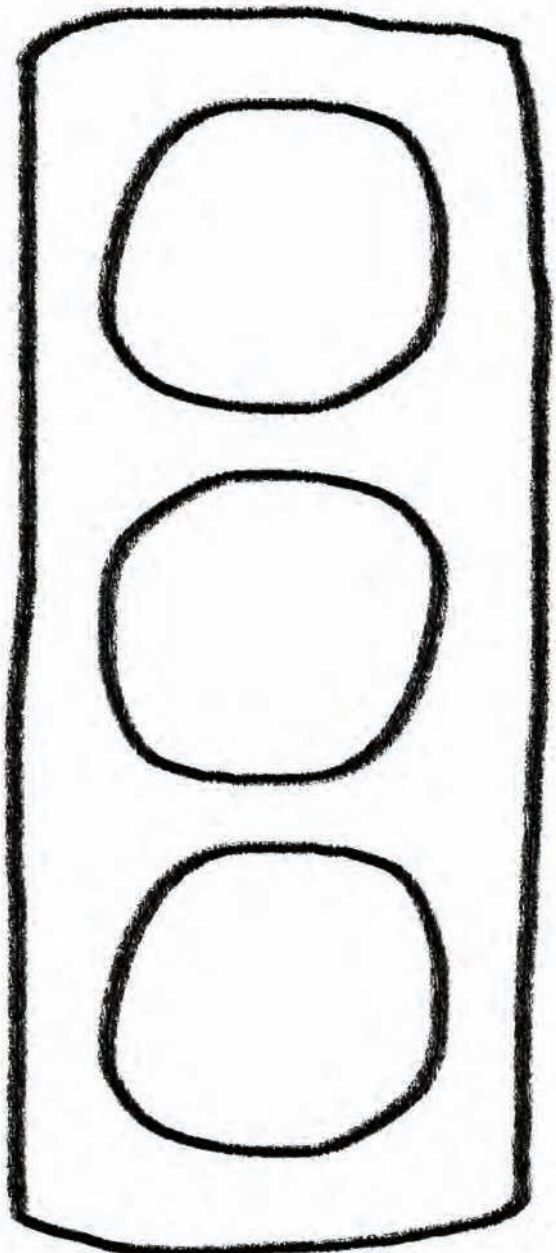
What are some ways you know you are feeling fine and not feeling angry?

YELLOW

What are some ways you know you might be starting to get angry?

RED

What are some ways you know you are angry?



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ANGRY'S WORKSHEET

Coping Carry-on

HI! I'M ANGRY!

Being me is no easy task, so I have a carry-on bag of all the things I need to help me feel less angry. My mom Bitter calls them my "coping skills."



WANNA SEE WHAT I BROUGHT?

My **crayons and paper**, so I can draw how I feel instead of acting it out.

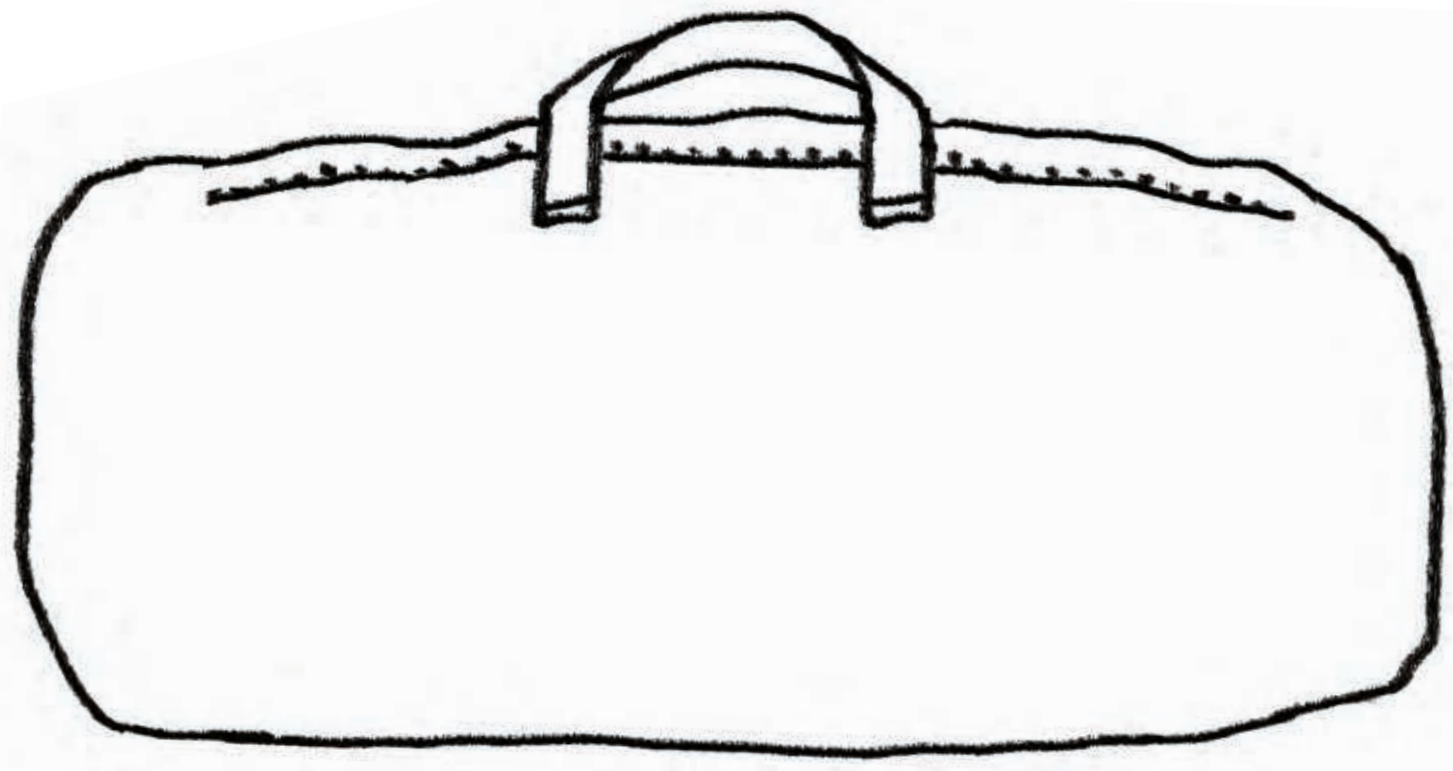
My **fidget spinner**, for when I'm starting to think negative thoughts.

My **plush doll**, so I can squeeze her when I'm feeling upset.

My **headphones**, so I can listen to my favorite music that makes me feel better.

WHAT WOULD BE IN YOUR CARRY-ON BAG?

Draw or write below, coping strategies you use to feel less angry. Use the back of this page if you'd like to draw your own carry-on.



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