

Anger

What is Anger:

It is okay to be angry, mad, or frustrated sometimes, we are human! Anger can show up in many ways for many different reasons. When we are angry, our bodies, minds, and actions can all change. We may start to do things or say things that we know we should not or that are not nice, and we may have a hard time calming ourselves down. It is okay to be angry, but it is not okay to be mean. Finding ways to learn more about our anger, and how to calm ourselves down and feel better, can help us control our anger.

Anger Warning Signs:

Warning signs are things that show us or tell us that we are starting to feel angry. Warning signs can be changes that happen in our bodies, our thoughts, and our actions.



- Shaking
- Feeling sweaty or hot
- Face turning red
- Throwing things
- Hitting or kicking things or people
- Screaming or yelling
- Squeezing fists or tight muscles
- Saying unkind words or calling others mean names
- Stomach aches or feeling sick
- Being quiet or “shutting down”
- Making an angry face
- Arguing

Triggers are things that make us feel angry. Triggers can be people, places, or things that make us feel strong emotions of anger. Common triggers may be:

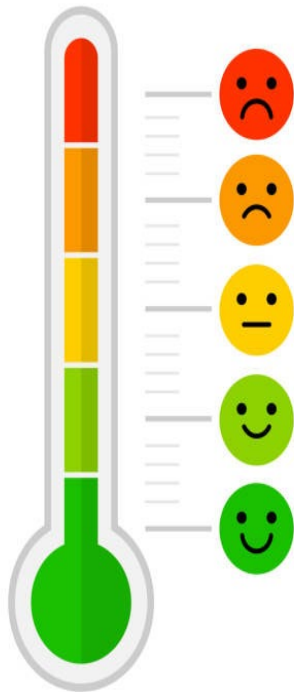
- Being told “no”
- Changes in plans
- Not getting your way
- Being told to do something you do not want to do
- Being treated not nicely
- When something is hard to do
- When others do not listen to you

Tools to Manage Anger in the Moment:

A list of healthy things you can help you can do when they feel angry:

- Write/journal about their anger
- Take 20 deep breaths
- Draw your anger
- Do 50 jumping jacks
- Count to 100
- Walk away
- Talk to someone
- Squeeze a ball
- Play outside
- Listen to music
- Practice a hobby
- Make up your own ideas or distractions:

Feelings Thermometer:



It can be helpful to use a feelings thermometer to check in and see how you are feeling!

- Red = Angry
- Orange = Frustrated
- Yellow = Upset
- Light Green = Calm
- Green = Happy

Ask yourself these questions:

- How am I feeling?
- What made me feel this way?
- How can I make myself feel better?

Triggers:

If we notice our triggers or what makes us feel angry, then we can also come up with a gameplan to be able to make ourselves feel better!

- Triggers: What made you angry?
- Warning Signs: What showed you or told you that you were feeling angry?
- Anger Response: How did we behave or what were our actions because of your anger?
- Outcome: What happened because of your anger? Good or bad result?
- Problem-Solve: What do you wish you had done differently? What could you do differently next time?

Event One	Trigger	
	Warning Signs	
	Anger Response	
	Outcome	

Deep Breathing:

While deep breathing, make sure to breathe in through your nose like you are smelling the flowers and breathe out through your mouth like you are blowing bubbles!



Cozy Corner:

Sometimes when we feel angry, we need to step away and take some space to be able to calm ourselves down. Create a comfy and cozy space in your house for you to go to relax when you need a break. Add pillows, blankets, stuffed animals, music, fidgets, toys, and other things that can help you calm down and relax.



Resources:

Books:

Ages Birth-5:

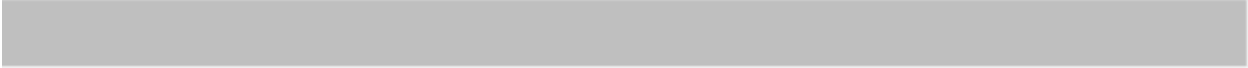
- A Little Spot of Anger: A Story About Managing Big Emotions. By Diane Alber (2019)
- Everyone Feels Angry Sometimes. By Dr. Daniela Owen. (2021)

Ages 6-12:

- Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves. By Vanessa Green Allen (2019)
- Anger Management Skills: Workbook for Kids. By Amanda Robinson (2020)

Apps:

- Mindful Powers
- Breathe, think, do with Sesame
- Calm Child
- Smiling Mind
- Mightier



References:

Adopted from: Child Mind Institute (n.d.)

Adopted from: Coping Skills for Kids (n.d.)

Adopted from: American Psychological Association (2023)