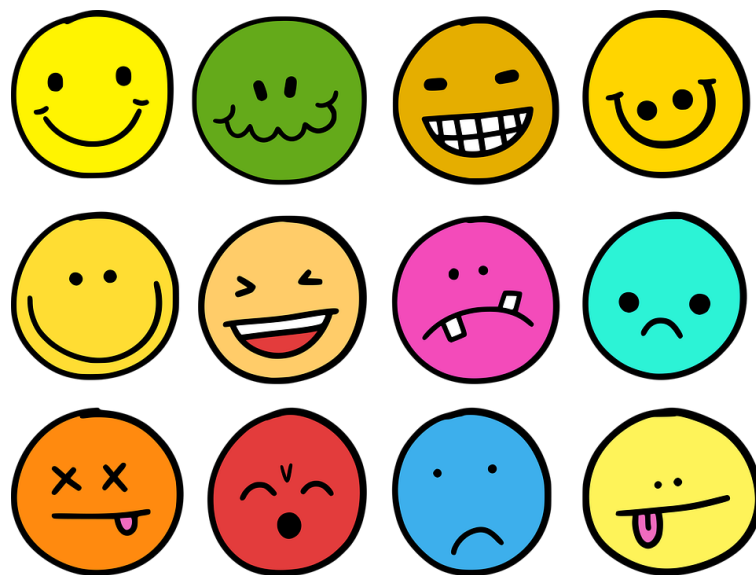


Managing Angry Feelings



Workbook For Primary Age



Look out for this pencil on the pages for
additional activities you can try out!

Name:

To be used in conjunction with the Managing Angry Feelings Online Workshop which can
be found at; <https://www.lpft.nhs.uk/young-people/online-workshops>

What is anger?



We all feel angry sometimes. It is a normal feeling in our body when something doesn't feel right. Anger is a normal emotion, just like happy and sad are normal emotions too. Sometimes we feel angry when we think people are not listening to us, not playing by the rules or when something is unfair; like an adult taking away your iPad when you have been on it for too long.

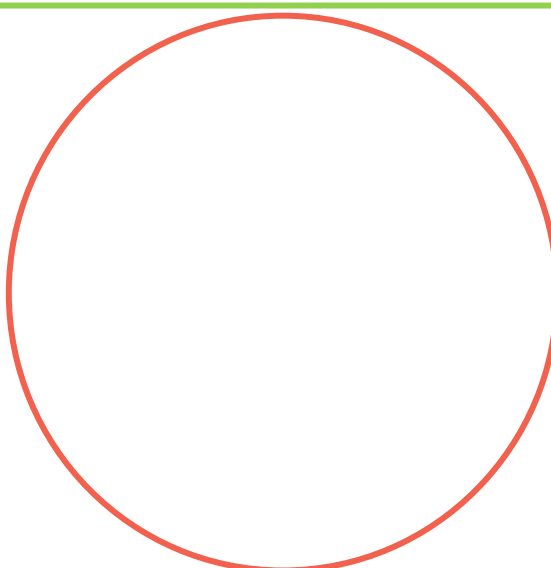


We can feel angry when our brain remembers something from the past, or it can be a new situation. Sometimes feeling angry can be helpful because it can change things to make them better. When we get really angry, sometimes we hurt people; or ourselves, or break things, and this is when we need help to understand and control our anger.

Mirror, mirror on the wall...

Imagine you are looking in the mirror, what would your angry face look like? What would your mouth look like, your eyes and even your eyebrows. Draw your angry face below...

If you are not sure, try making some angry faces in the mirror.



Idea: Why not try making some playdough faces to show your angry face?

My Anger Volcano

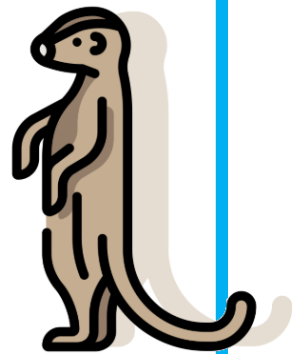
People can get angry about lots of different things and this is okay as long as we are able to deal with our anger in a positive way.

Can you identify all the things that make you angry in the volcano below? If you are finding it hard try asking a trusted adult for help.



The Fight, Flight or Freeze Response

Part of your brain is a bit like a Meerkat, always looking out for things that might hurt us or put us in danger. Anger is one of the body's ways of responding to danger. When we feel like we are in danger, or we feel threatened, your 'Meerkat' brain sends messages to your body to stay and 'fight' the problem, to run away, 'flight' or to 'freeze' and hope the problem goes away.



For example, if you were hiking in the woods and you came across a bear, there are three main things that your body would do:



Fight

Try to make yourself look big and scary, shout and fight the bear

Flight

Run away from the bear as fast as you can

Freeze

Become frozen to the spot with fear

Here are some ways your body can feel when you are angry. We call these physical sensations.

Do you notice any of these in your body?

Tick which ones apply to you...

Your face feeling hot and red

☐

Feeling sick

☐

Breathing faster

☐

Heart beating faster

☐

Tummy ache

☐

Hot and sweaty

☐

Headache

☐


The Anger Firework

The **Anger Firework** can help you remember how anger works and helps you find ways to calm your anger down before it explodes...

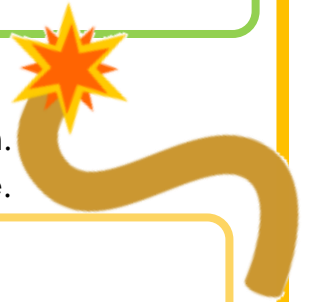


The match...

The match lights the fuse on the firework. It is what triggers your anger. What has happened that made you angry? e.g. my sister broke my game.

The fuse...

What were you thinking and feeling? e.g. I was cross. She is mean.
It took me ages to make the game.



The firework...

This is the physical sensations. What did your body feel like? e.g. I could feel my heart beating really fast. My muscles were tense.

The explosion...

This is your anger. What did you do? How big was the explosion? e.g. I broke her LEGO model she was making. I threw it across the room.



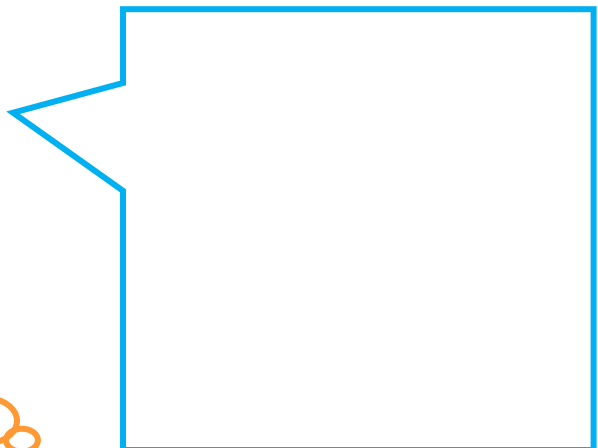
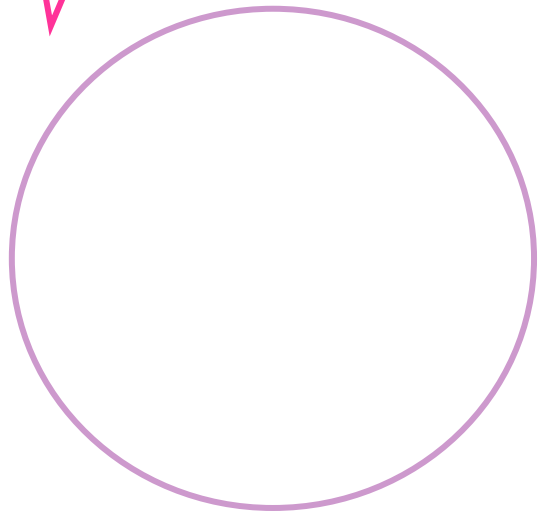
The water...

The water puts the firework out. This is how you can calm down. e.g. I told my mum and I took 5 deep breaths.

How does it affect others?

Sometimes we take angry feelings out on other people: either physically by what we do, or emotionally by what we say. This can impact on our friendships and family relationships.

Write down below who could be affected by your anger and how it affects them...



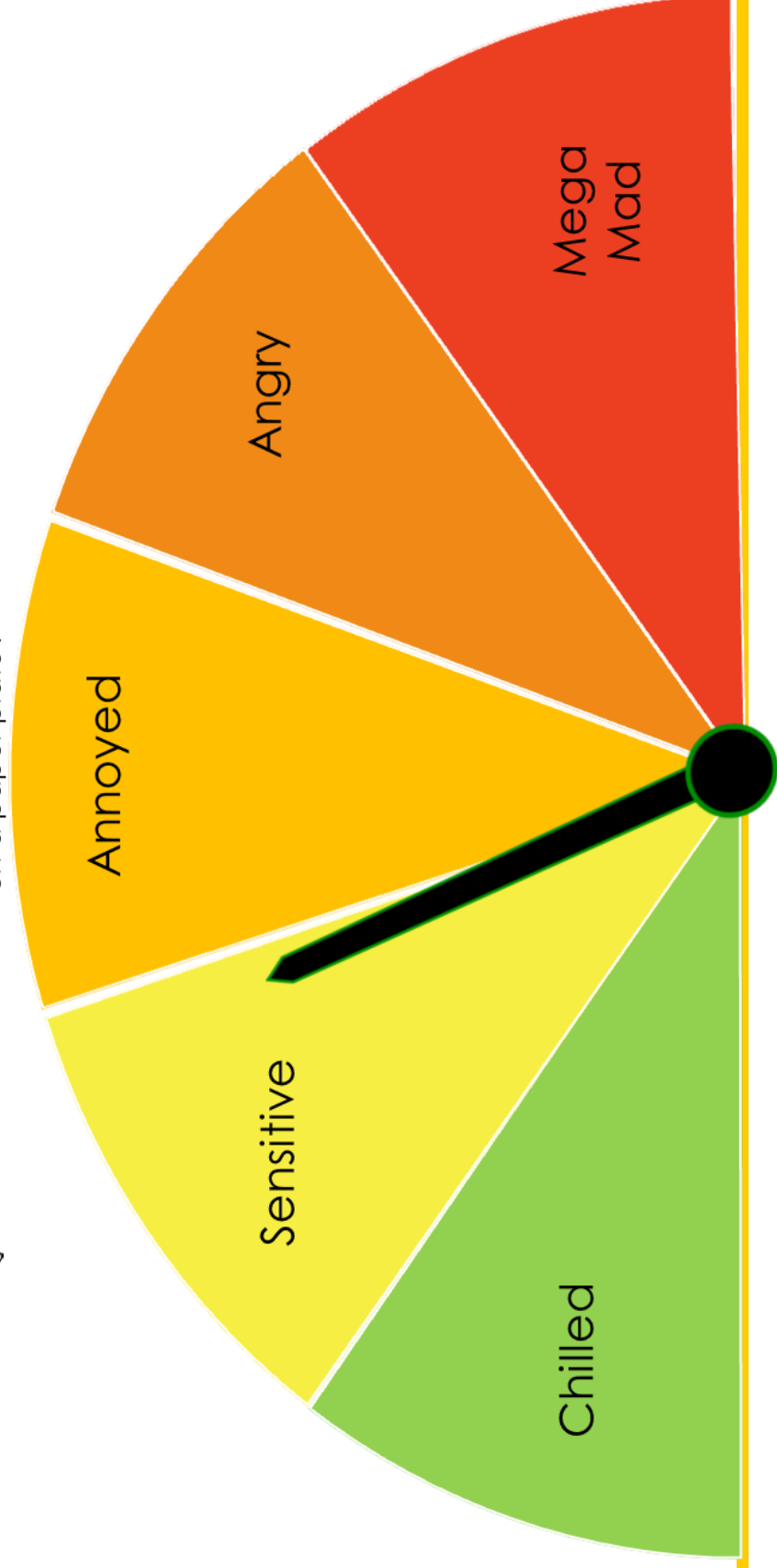
Anger-O-Meter

Think about the things that make you angry, how big is the anger? What do you do when this makes you angry?

Write your answer below in each of these sections...



Idea: Why not try making your own moveable anger-o-meter on a paper plate?



Self-Soothe Box

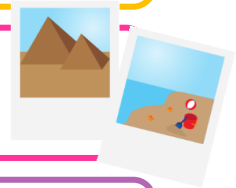
A self-soothe box is a useful tool to use when you are feeling lots of emotions including sadness, worry and anger. It is personal to you!

Here are some ideas of what to include in this box...



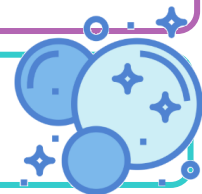
Sensory Items; e.g. fidget cubes/spinners or stress balls. These items can help restlessness.

Photos; of loved ones/pets etc. These can help to remind you of your close relationships and who is around to support you.



Hobby items; e.g. music, colouring, books. These can help to relax and distract you.

Bubbles; These help to support relaxation and help regulate your breathing.

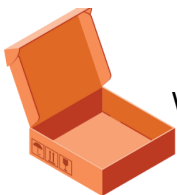


Relaxation; breathing and other relaxation techniques, that you may have found useful.

We recommend sourcing a shoe box and taking time to decorate this how you like, to ensure it's personal to you. Make sure to keep it somewhere you can easily access it.

Have a go at making your own at home!

Write some ideas of what you might include below....



Refocus your mind!

When you begin to feel angry, it is important to bring yourself back to the here and now, by distracting your mind.

Why not try some of these ideas to help you along?

Letter Game

abcdefghijklmnopqrstuvwxyz

Go through the alphabet and name countries, animals, and food!

Counting



Pick a number, add it to the number before and see how far you get!

Grounding



Try using your 5 senses to name five things you can see, four things you can hear, three things you can feel, two things you can smell and one thing you can taste.

Things you can do to refocus...



What do you enjoy doing? What makes you feel happy?
Write/Draw a list below of things you can do to re-focus your mind...





Problem Solving

Step 1: Identify the problem you want to focus on

Choose what you would like to try and problem solve.



Step 2: Identify Solutions

Identify as many solutions as possible. Include all the solutions no matter how silly they may seem.



Step 3: Analyse the strengths and weaknesses of each solution

Make a note of the good and bad things about each solution.



Good

Bad



Step 4: Select a solution

Now choose one of your solutions to try out.



Step 5: Develop a plan

The solution you have chosen may require careful planning. Try to stick to the 'Four Ws' – what, where, when, with whom.



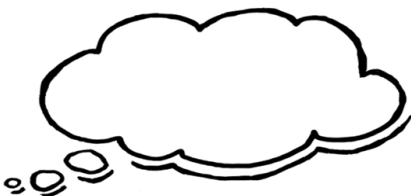
Step 6: Put your plan into action

Now that you have developed your plan, it is all about putting it into action.



Step 7: Review your plan

Maybe it worked a little or not at all. The advantage of problem solving is that other options always exist. If the plan worked continue to apply it, if not pick another solution to try.



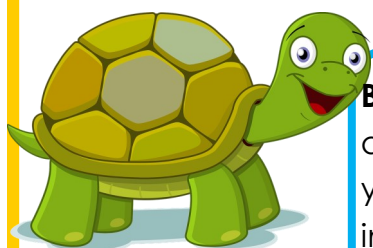
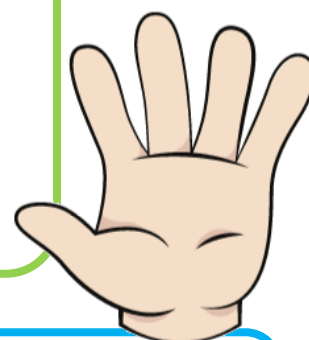
Relaxation



We can use relaxation methods to help manage our body sensations and our emotions.

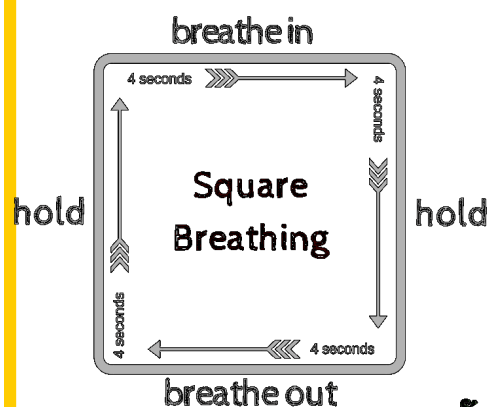
Finger Breathing: Outstretch one of your hands like a star.

Have the index finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your index finger up to the top of your thumb. Breathe out slowly and slide your index finger down the inside of your thumb. Continue breathing in and out as you trace your whole hand.



Be a turtle: Curl up very small on the floor, imagine you have a hard turtle shell, nothing can get through it; it will protect you from the things that are making you feel angry. Breathe in for 4 and out for 4 very slowly, keep breathing slowly, as your body calms down and your turtle shell protects you.

Blow a feather from hand to hand: Your breaths have to be so gentle and slow. This will help your heart to beat slower.



Square breathing:

Step 1: Starting at the top left hand corner of the square, sit upright and slowly inhale through your nose for a slow count of four. Pay attention to the feeling of the air filling your lungs.

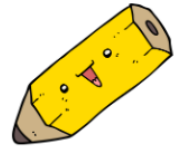
Step 2: Hold your breath for another slow count of four.

Step 3: Exhale slowly and deeply through your mouth to the count of four. Feel the air leave your lungs.

Step 4: Hold your breath for the same slow count of four before repeating this process until you feel calm.



Body Scan



Ask a trusted adult to help you try to relax your muscles by reading the following script...

Make your hands into fists. Go on - really squeeze those fists. Feel that tight feeling ... and now go floppy. Enjoy that lovely floppy feeling.

Make your hands into tight fists again and bring your hands up to touch your shoulders. Feel that tight feeling along your arms...and now relax. Enjoy that lovely floppy feeling.

Push your shoulders up and try and touch your ears. Go on - really push upwards. Feel the tight feeling and relax. Enjoy that lovely floppy feeling.

This time scrunch up your face. Feel that tight feeling in your face and relax. Enjoy that lovely floppy feeling.

Now make your tummy muscles tight go on- really tighten those muscles. And relax. Enjoy that lovely floppy feeling.

Tighten the muscles in your legs. Feel those muscles tightening. Feel that tight feeling... and relax.

Now make your toes into fists - really scrunch up those toes. Feel that tight feeling and relax. Enjoy that lovely floppy feeling.

Take a deep breath and hold that breath. Feel that tight feeling in your chest - feel the tight feeling ... and now let the breath out slowly and feel all the tightness go away. Enjoy that lovely floppy feeling.

Keep your eyes closed. We are going to check each part of your body to see if there is any tightness.

You should now be feeling wonderful and relaxed and floppy. Just enjoy that wonderful feeling and when you feel ready open your eyes.



How else can I calm down?

There are lots of other ways to calm yourself down when you start to feel angry. Here are some different calming techniques you could try.

Why not give them a go!



Talk to yourself: The next time you feel angry ask yourself this question, 'What would happen if...?'

Think about what might happen if you do something when you are angry. For example "What would happen if I throw my iPad?"

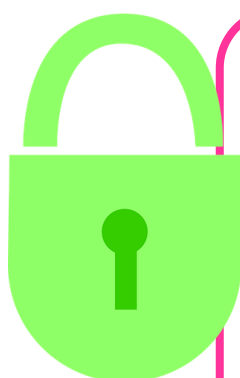
I might get into lots of trouble

I might break or damage something

I might hurt myself

I might hurt or upset someone

Have a drink of water: Take 10 slow mouthfuls, counting each time you swallow. Feel the water in your throat, cooling your body as it travels to your stomach. You could imagine you are eating your favourite ice-cream or Ice-lolly, feeling how cold it is in your mouth, cooling your anger down.



Find a safe space: If this is at school, you need to tell an adult where you are going or have a card you can show to tell the adult you need some calming down time. You can talk to the teacher and tell them what you need to do before any problems make you angry. They may even give you a prompt if they see you getting frustrated. Have your soothe-box there or have some playdough and squeeze it in your hands.

Ask a friend or an adult to help: Practise saying 'I feel angry/mad/frustrated because...' Tell them how you are feeling and what is happening to make you feel angry. Try to use the anger-o-meter to tell them how big your anger is.





What could Alex do?

Now you have learnt lots of new ways to help you manage strong emotions such as anger; have a think back to Alex's story and write down what positive coping strategies he could use at each stage to stop him reaching **MEGA MAD!**

Alex woke up to the sound of his little sister screaming in his room because she wanted his favourite toy. Alex argues with his sister, because she woke him up and is being annoying.

What could Alex do?



He looks outside the window and see's it raining, and he knows he has to walk to school. "Urgh I'm going to get wet"!

What could Alex do?

Alex ran down excited for his favourite coco pops for breakfast, but his mum says that his little sister had the last bowl so he has to have Weetabix. Mum says that they are running last and Alex has to rush to get ready for school or else they will be late.



What could Alex do?



Mum tells Alex that they are having pizza tonight, he loves pizza!

Alex arrives late to school, has to go in through reception and enter the class but everyone has already started their work. Alex forgot his homework that was due in today.

What could Alex do?



What could Alex do?

At Lunch Alex is given his least favourite school meal, and it was "gross"!

What could Alex

At Lunch they get to go out and play as it has stopped raining, he and all his friends played their favourite game in the playground.



Alex's little sister breaks his iPad so he can't watch his favourite YouTuber.

What could Alex do?

It stops raining so Alex is really excited to play out in the garden, but after 5 minutes of playing football he kicks the ball over the fence.



What could Alex do?

After his pizza for dinner, Alex is allowed pudding, he asks for the biggest slice of chocolate cake! It was yummy!



Alex steps on a Lego brick in his room, because it's so messy.

What could Alex do?

It's Friday which means that Alex gets to stay up a little later and watch a film with his family!

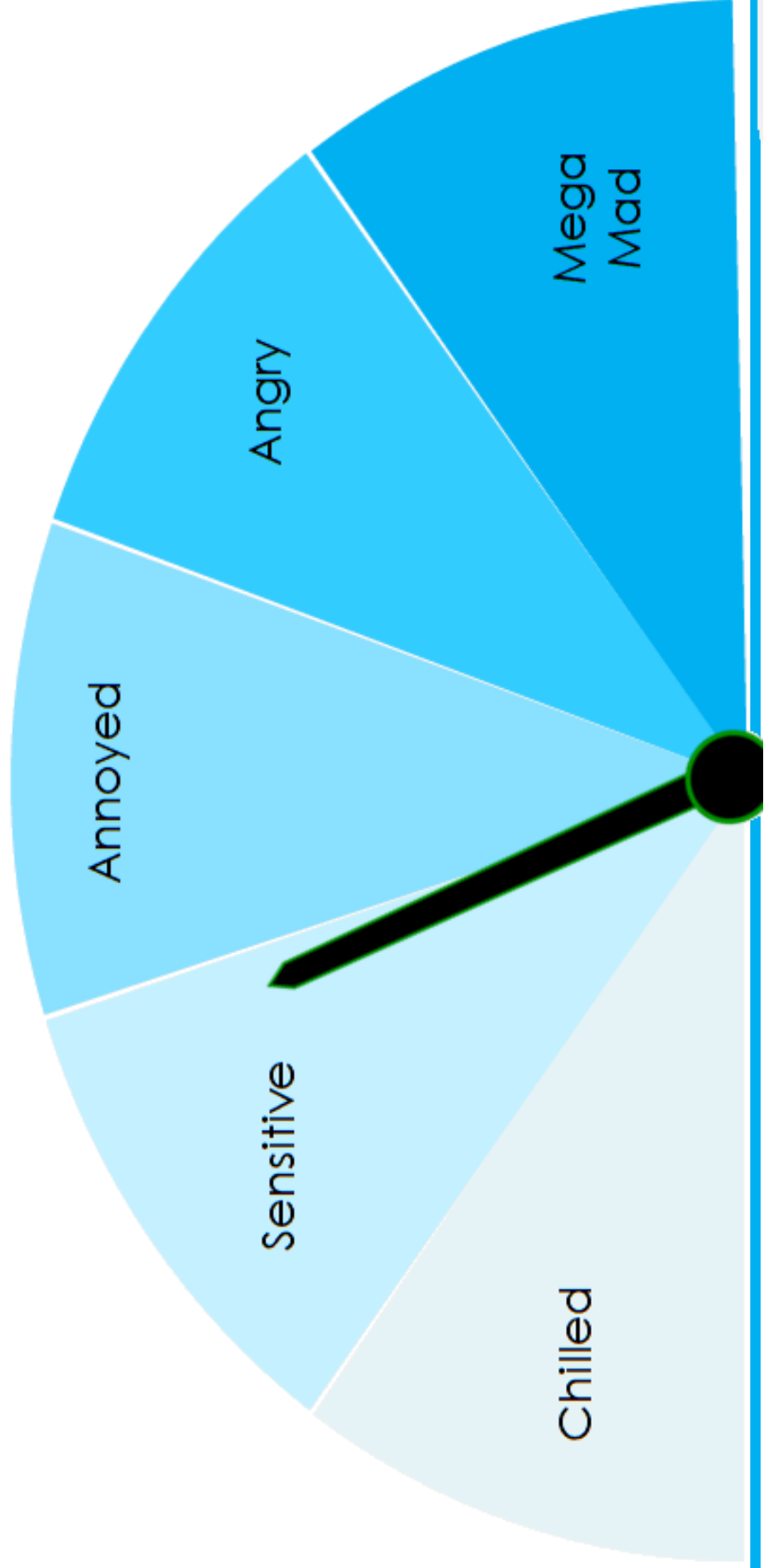


Calm-O-Meter



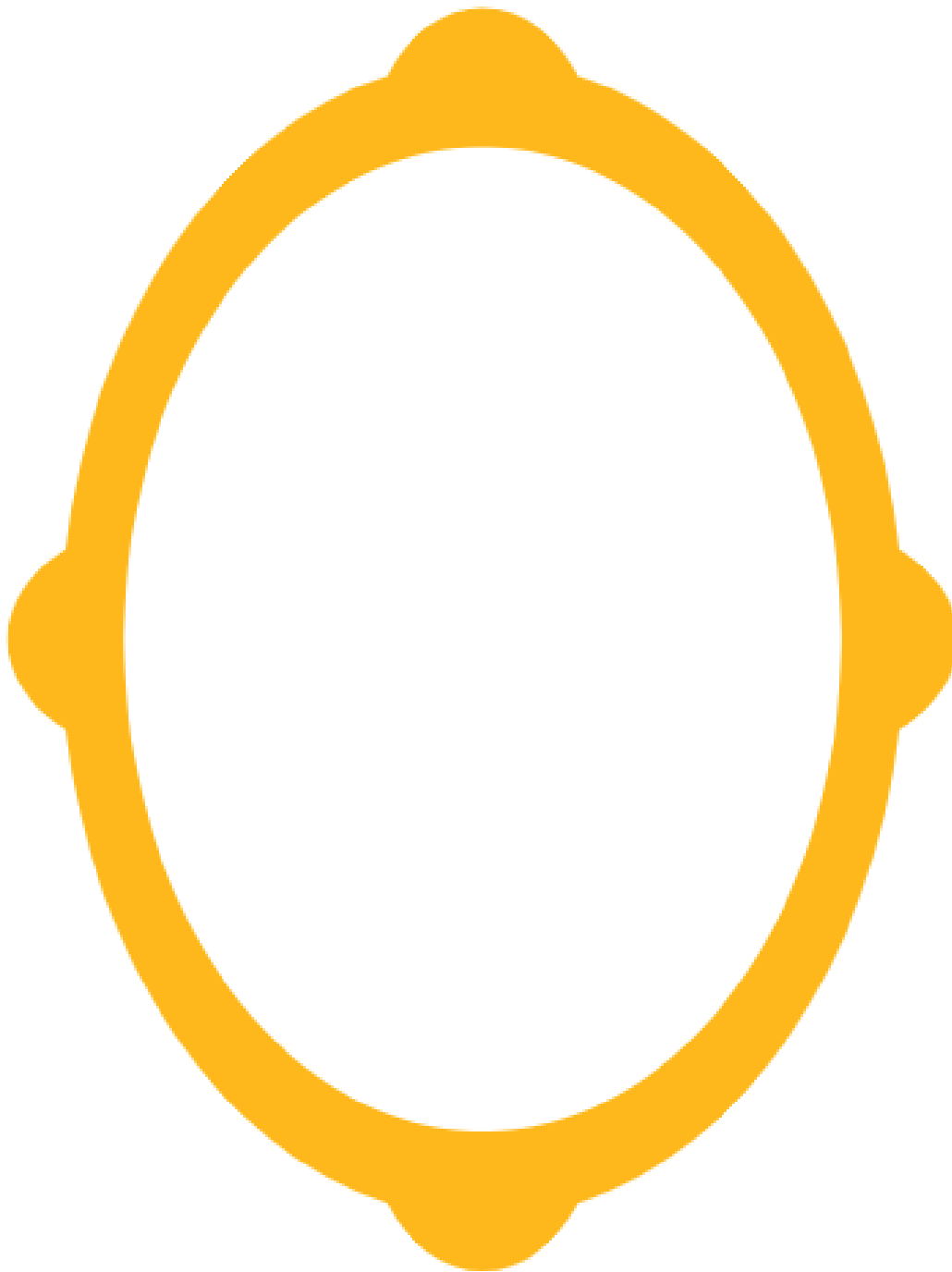
Can you identify the things that you could use to calm you down?

Think about what you would put in each of these sections to calm you down depending on how big your anger is...



Mirror, mirror on the wall...

Now you've learnt some new strategies, imagine you are looking in the mirror, what would your calm face look like? What would your mouth look like, your eyes and even your eyebrows. Draw your calm face below...



Useful Websites & Numbers

Websites:

- Get self-help—www.getselfhelp.co.uk
- Young Minds—www.youngminds.org.uk
- KOOTH (11+) - www.kooth.com
- Mood Juice—<http://www.moodjuice.scot.nhs.uk/>

Numbers:

- **Here4You Advice Line:** 01522 309120 (Healthy Minds & CAMHS)
- **ChildLine:** 0800 1111
- **Samaritans:** 116 123
- **Young Minds Crisis Messenger (Shout);**
SHOUT to 85258

shout

for support in a crisis

CRISIS TEXT LINE |



Don't forget to check out our website, for lots of other useful information; such as our relaxation videos and our useful apps booklet!

<https://www.lpft.nhs.uk/young-people>



We really appreciate your feedback so we can continue to improve our service for you!
Please don't forget to fill out the short feedback survey once you have completed the workshop;

<https://www.surveymonkey.co.uk/r/HMLvirtualworkshop-CYP>

<https://www.surveymonkey.co.uk/r/HMLvirtualworkshop-Parent>