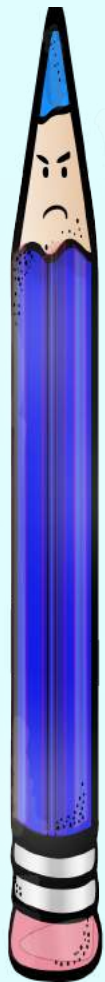


Anger Management

Worksheets



Name: _____

What Anger Looks Like On Me!

Different people show physical signs of anger in different ways! Use this page to describe or draw pictures of how anger looks on you. When you notice these signs in your body, you can recognize that you are starting to feel angry, and can use your coping skills to calm down!

How My Eyes Look: _____

How My Hands Look: _____

Name: _____

What To Say When Others Are Angry

When we know that other people are angry, we can use our words to help them. In this activity, you will decide which things are helpful to say, and which things aren't. Cut out the prompts on the next page and sort them into the correct category.

Name: _____

What Anger Looks Like On Others!

Different people show physical signs of anger in different ways! Use this page to describe or draw pictures of how anger might look on other people. When you notice these signs in others, you can be more aware of their feelings!

How Their Mouth Looks: _____

How Their Arms Look: _____

Name: _____

What To Say When Others Are Angry

When we know that other people are angry, we can use our words to help them. In this activity, you will decide which things are helpful to say, and which things aren't. Cut out the words/sayings and sort them into the correct box on the previous page.

Name: _____

Identifying What Triggers Others

In each of the boxes below, write or draw about one thing that may make someone else angry. Use the lines to write about how you can avoid these triggers.

I can avoid triggering others by: _____

Name: _____

Levels Of Anger: How I Look And Feel

Anger is a normal feeling. Everyone feels angry and everyone experiences different levels of anger. Some things make us feel a little annoyed, and some things make us feel like we want to explode! Use the chart below, and think about your own levels of anger. Draw a picture or write about how you look and feel at each level.

5	I am ready to explode. I am not safe.	How I Look & Feel At This Level:
4	I am starting to lose control. I need to calm down immediately.	How I Look & Feel At This Level:
3	I am angry. I am still in control but am not happy.	How I Look & Feel At This Level:
2	I feel annoyed, or a little bit frustrated, but I am in control.	How I Look & Feel At This Level:
1	I feel calm, focused, and content.	How I Look & Feel At This Level:

Name: _____

Identifying Coping Skills

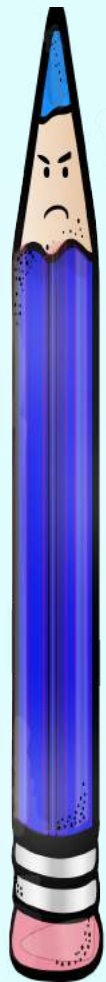
In each of the 6 pieces of the wheel, draw or write about ways that you can calm down when you get angry. You can cut out the wheel and put it in a visible place as a constant reminder of positive ways to cope with your anger.

Name: _____

Levels Of Anger: What Makes Me Feel That Way And What To Do About It

Anger is a normal feeling. Everyone feels angry and everyone experiences different levels of anger. Some things make us feel a little annoyed, and some things make us feel like we want to explode! Use the chart below, and think about your own levels of anger. Draw a picture or write about how you look and feel at each level.

5	I am ready to explode. I am not safe.	What Makes Me Feel Like This:	How I Can Calm Down From Here:
4	I am starting to lose control. I need to calm down immediately.	What Makes Me Feel Like This:	How I Can Calm Down From Here:
3	I am angry. I am still in control but am not happy.	What Makes Me Feel Like This:	How I Can Calm Down From Here:
2	I feel annoyed, or a little bit frustrated, but I am in control.	What Makes Me Feel Like This:	How I Can Calm Down From Here:
1	I feel calm, focused, and content.	What Makes Me Feel Like This:	How I Can Calm Down From Here:



Thank You!

Thank you so much for purchasing this product! Please remember to leave feedback, as it helps you get credit toward future purchases and helps me to continue making high quality products.

About CounselorChelsey:

Hello! I am a licensed social worker with experience as a school based counselor, working in a mentorship program for teens, and am now a curriculum developer. My favorite part of my work has always been developing high quality resources for students to use. Since becoming a curriculum developer, I have loved being able to impact thousands of classrooms around the world!

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Objectives:

- Students will recognize their anger, identify anger triggers and develop healthy coping skills.
- Students will understand how to identify and respect the anger of others.

What's Included:

- p. 4: "All About My Anger"
- p. 5-7: "Recognizing Anger" Worksheets
- p. 8-9: "Anger Triggers" Worksheets
- P. 10-11: "Coping Skills" Worksheets
- P. 12: "My Anger Plan"
- P. 13-14: "Understanding The Anger Of Others" Worksheets
- P. 15-18: "When Others Are Angry" Cut & Paste Activities

How To Use:

- These worksheets can be used together as a unit or workbook. They can also be used individually to address specific needs.
- These worksheets can be used in individual, small group or classroom lessons.
- These worksheets can be used as stand-alone activities or as a supplement to other activities, books or lessons.

Name: _____

All About My Anger

The more you know about your anger, the easier it is to make a plan to better control it! Respond to the prompts below to help you learn about your anger.

I feel angry:

All the time Most of the time Sometimes Rarely Never

I make poor choices when I'm angry:

All the time Most of the time Sometimes Rarely Never

When I get angry, I know why I'm angry:

All the time Most of the time Sometimes Rarely Never

I can name 3 things that make me angry:

All the time Most of the time Sometimes Rarely Never

When I get angry, I can feel myself starting to get angry:

All the time Most of the time Sometimes Rarely Never

I know what to do when I get angry:

All the time Most of the time Sometimes Rarely Never

I can name two people I can talk to when I get angry:

All the time Most of the time Sometimes Rarely Never

I know how to respond when others are angry:

All the time Most of the time Sometimes Rarely Never

Name: _____

Recognizing My Anger

Being able to recognize your anger is important because it helps you to be able to calm down before your anger gets out of control. The earlier you can identify that you are angry, the easier it is to use your coping skills! To help you recognize your anger, consider how your body looks, how it feels, and the things you say and do when you are angry.

**When I'm angry, this is
how my body looks:**

**When I'm angry, this is
how my body feels:**

**When I'm angry, this is
what I say:**

**When I'm angry, this is
what I do:**

Name: _____

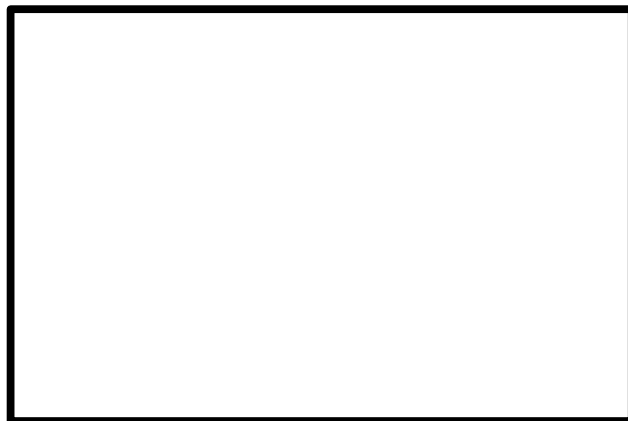
What Anger Looks Like On Me!

Different people show physical signs of anger in different ways! Use this page to describe or draw pictures of how anger looks on you. When you notice these signs in your body, you can recognize that you are starting to feel angry, and can use your coping skills to calm down!

How My Eyes Look:



How My Mouth Looks:



How My Hands Look:



How My Arms Look:




How My Body Looks:



Name: _____

Levels Of Anger: How I Look And Feel



Anger is a normal feeling. Everyone feels angry and everyone experiences different levels of anger. Some things make us feel a little annoyed, and some things make us feel like we want to explode! Use the chart below, and think about your own levels of anger. Draw a picture or write about how you look and feel at each level.

	I am ready to explode. I am not safe.	How I Look & Feel At This Level:
	I am starting to lose control. I need to calm down immediately.	How I Look & Feel At This Level:
	I am angry. I am still in control but am not happy.	How I Look & Feel At This Level:
	I feel annoyed, or a little bit frustrated, but I am in control.	How I Look & Feel At This Level:
	I feel calm, focused, and content.	How I Look & Feel At This Level:

Name: _____

Levels Of Anger: Anger Triggers and Coping Skills

Anger is a normal feeling. Everyone feels angry and everyone experiences different levels of anger. Some things make us feel a little annoyed, and some things make us feel like we want to explode! Use the chart below, and think about your own levels of anger. Draw a picture or write about what causes you to experience each level and what you can do about it!

	I am ready to explode. I am not safe.	What makes me feel like this:	How I can calm down from here:
	I am starting to lose control. I need to calm down immediately.	What makes me feel like this:	How I can calm down from here:
	I am angry. I am still in control but am not happy.	What makes me feel like this:	How I can calm down from here:
	I feel annoyed, or a little bit frustrated, but I am in control.	What makes me feel like this:	How I can calm down from here:
	I feel calm, focused, and content.	What makes me feel like this:	How I can calm down from here:

Name: _____

Identifying Your Triggers

In each of the boxes below, write or draw about one thing that makes you angry. Use the lines to write about how you can avoid these triggers.

I can avoid this trigger by:

I can avoid this trigger by:

I can avoid this trigger by:

Name: _____

My Coping Skills

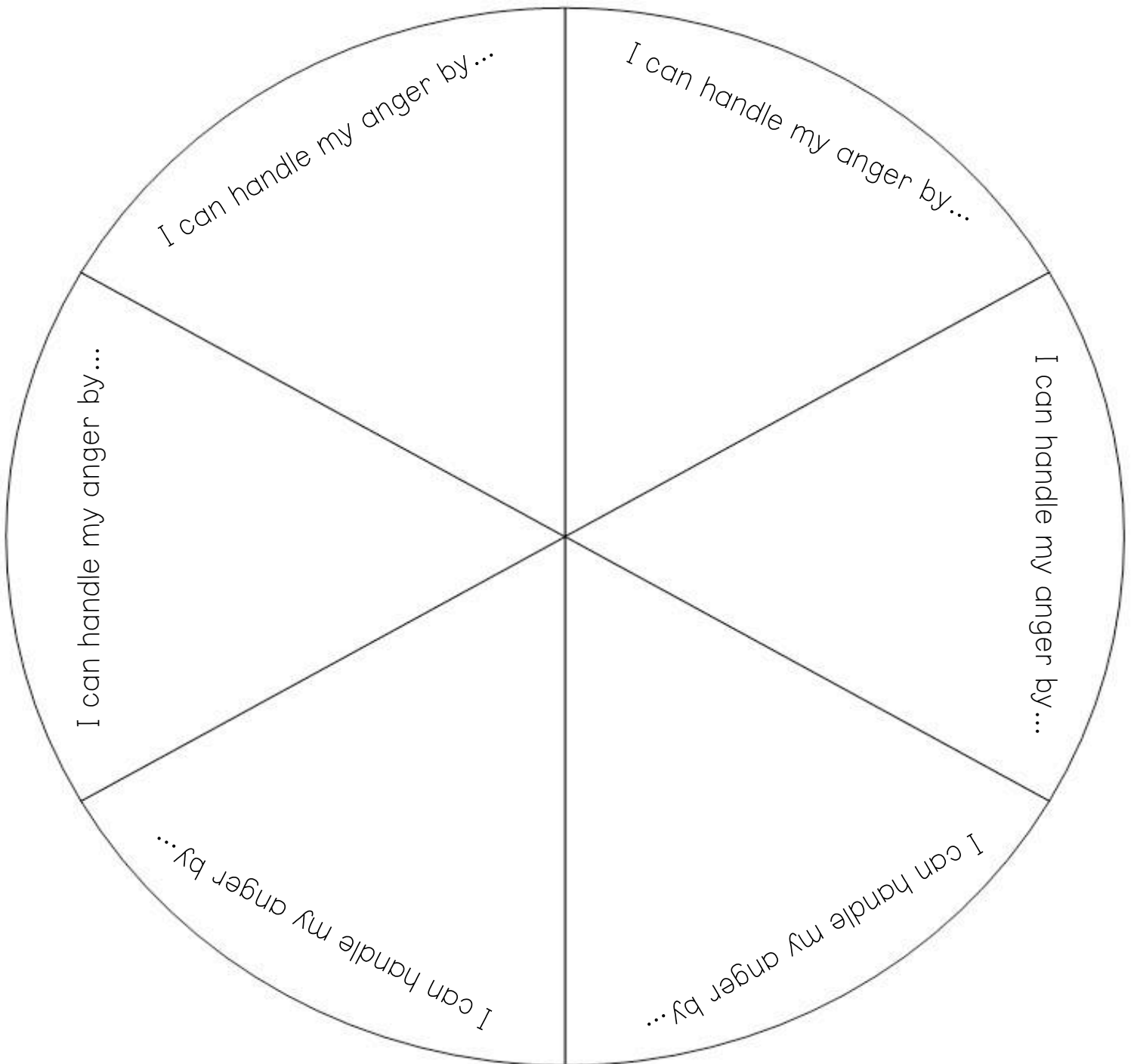
There are so many ways to cope with your anger! It is important to have many different coping skills that work for you. Remember that what works for one person may not work for another. Think about which strategies will help YOU to stay calm and make good choices! Place check marks in the boxes that apply.

Coping Skill	Will work at school:	Will work at home:	I don't think this will help:
Taking 5 deep breaths			
Talking to an adult I trust			
Going to a quiet place			
Writing, journaling or coloring			
Doing yoga			
Telling myself something positive			
Getting a drink of water			
Pressing down on my seat			
Thinking about something that makes me happy			
Pressing my hands together			

Name: _____

Identifying Coping Skills

In each of the 6 pieces of the wheel, draw or write about ways that you can calm down when you get angry. You can cut out the wheel and put it in a visible place as a constant reminder of positive ways to cope with your anger.



Name: _____

My Anger Plan

Having a plan for how you will handle your anger is important! It can help you keep your anger under control, and help you to make better choices!

3 things that might make me mad are:

1. _____
2. _____
3. _____

Can I avoid these things? If so, how?

How do I know I'm starting to get mad?

When I start to get mad, I can talk to:

If I am at school, I can calm down by:

If I am at home, I can calm down by:

Name: _____

What Anger Looks Like On Others!

Different people show physical signs of anger in different ways! Use this page to describe or draw pictures of how anger might look on other people. When you notice these signs in others, you can be more aware of their feelings!


How Their Eyes Look:



How Their Mouth Looks:



How Their Hands Look:



How Their Arms Look:



How Their Body Looks:



Name: _____

Identifying What Triggers Others

In each of the boxes below, write or draw about one thing that may make someone else angry. Use the lines to write about how you can avoid these triggers.

I can avoid triggering others by:

I can avoid triggering others by:

I can avoid triggering others by:

Name: _____

What To Say When Others Are Angry

When we know that other people are angry, we can use our words to help them. In this activity, you will decide which things are helpful to say, and which things aren't. Cut out the words/sayings on the next page and sort them into the correct category.

Things I Can Say When Someone Else is Angry:

Things I Should Not Say When Someone Else is Angry:

Name: _____

What To Say When Others Are Angry

When we know that other people are angry, we can use our words to help them. In this activity, you will decide which things are helpful to say, and which things aren't. Cut out the words/sayings and sort them into the correct box on the previous page.

"Why are you acting crazy?"

"It's okay to feel mad. I feel mad sometimes too."

"It's not a big deal. I don't understand why you are mad."

"You have anger issues."

"You're a baby. You get mad about anything."

"What can I do to help you?"

"I understand that you are mad."

"Would you like to talk about it?"

"I hate it when you get mad."

"Do you want me to help you find an adult you can talk to?"

"Just get over it."

"I'm sorry that you are feeling upset."

Tips & Tricks

- Use a soft, calm voice.
- If the person doesn't want to talk, respect that.
- Talk to an adult if you are not sure how to handle it.
 - Think about how you like to be spoken to when you are angry.
- Only talk when you are allowed to talk.

Name: _____

What To Do When Others Are Angry

When we know that other people are angry, we can use our actions to help them. In this activity, you will decide which things are helpful to do, and which things aren't. Cut out the words/sayings on the next page and sort them into the correct category.

Things I Can Do When Someone Else is Angry:

Things I Should Not Do When Someone Else is Angry:

Name: _____

What To Do When Others Are Angry

When we know that other people are angry, we can use our actions to help them. In this activity, you will decide which things are helpful to do, and which things aren't. Cut out the actions and sort them into the correct box on the previous page.

Try to help them by myself if they are aggressive or unsafe

Stay calm

Keep trying to talk to them if they are not responding

Call them names

Laugh at them

Find an adult right away if anyone is unsafe

Speak softly and gently

Let them calm down in a way that works for them

Talk about their anger to other students

Help them find an adult they can talk to

Make fun of them

Listen while they talk about their feelings

Tips & Tricks

- If the person, or anyone else is unsafe, tell an adult right away.
- Other people may deal with anger differently than you and that is okay!
 - Stay calm.
- Think about how you like to be treated when you are angry.