

My Stages of Anger

Everyone feels angry at times. We may start off extremely angry and then calm down after some time has passed.

On the next page are some coloured cards starting with bright red.

This is the angriest we can be!

The cards go from bright red and then go through different shades of colour, all the way down to green.

Green is when we are at our calmest and most relaxed again.

It may be easier if you think back to the last time you were really angry and think what happened to your body and mind as you started to calm down slowly again.

- Did you struggle to think what to do?
- Did you want to hurt someone or something?
- Did you shake or get really hot?
- Did you feel tired when you calmed down?
- Could you remember what happened after the situation?

There are some completed boxes to help you.



Fill in how you felt at each stage.

“My body is boiling - I’m so angry!”

“My mind and body are calm. I feel relaxed.”