

3.2.21

LO: I can recognise the feeling of anger

Feeling angry is OK, everyone feels angry at some time but it is how we deal with it that is important.

Talk with your adult or write down what makes you angry. It might be some of these examples?

Not being
able to do
what I want
to do.

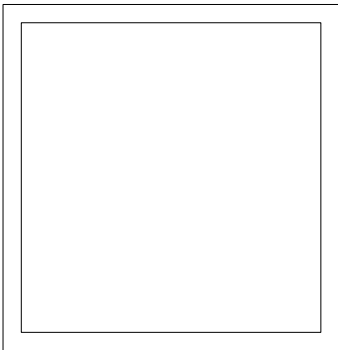
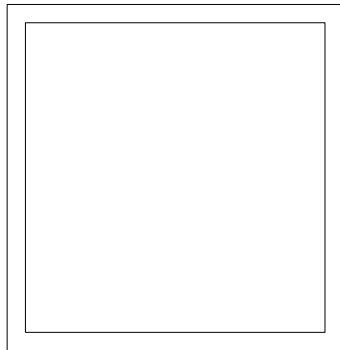
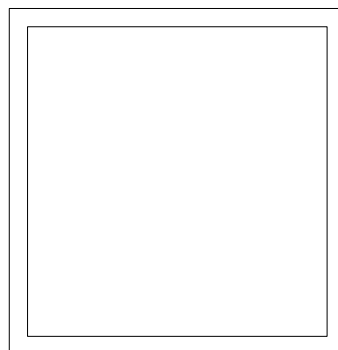
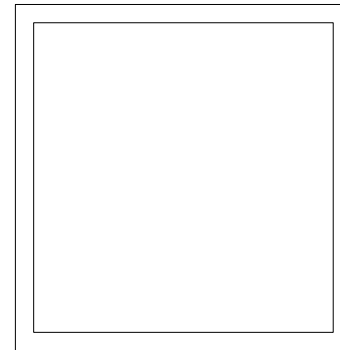
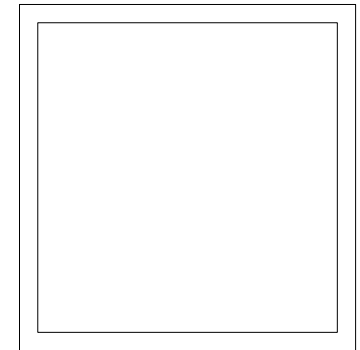
My sister
breaking my
toys.

People
dropping
litter.

Because I
don't know
how to do
something.

My friends
being mean
to me.

Write down your own experience

A large, empty rectangular box with a double-line border, intended for writing a personal experience.A large, empty rectangular box with a double-line border, intended for writing a personal experience.A large, empty rectangular box with a double-line border, intended for writing a personal experience.A large, empty rectangular box with a double-line border, intended for writing a personal experience.A large, empty rectangular box with a double-line border, intended for writing a personal experience.


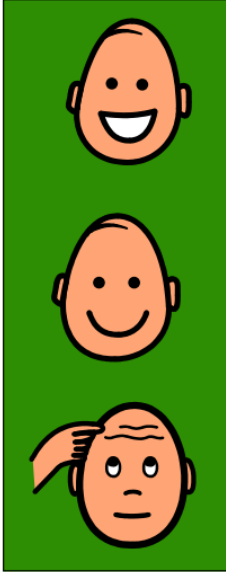
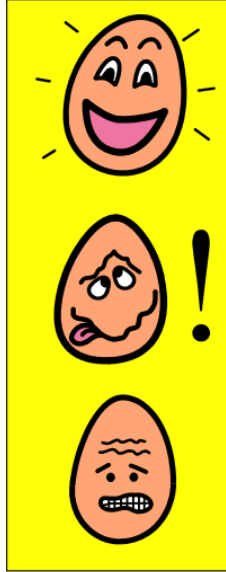
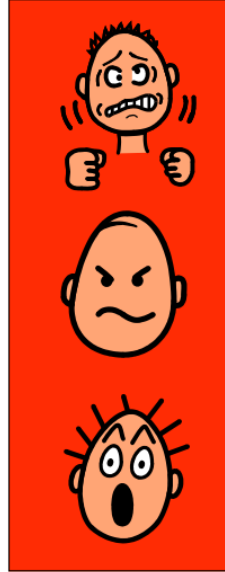


Can you make an angry face? Show your adult.

What else does your body do when you are angry?

The Zones of Regulation

Anger is in the RED zone in our Zones of Regulation

			
Blue Zone sad tired sick moving tired slowly	Green Zone happy calm feeling ok focused ready to learn	Yellow Zone frustrated worried silly/wiggly excited loss of some control	Red Zone mad/angry terrified yelling/hitting elated out of control

It is OK to be angry, it's not OK to hurt or damage people, pets or things because we feel this way.



What do you think you could do to help yourself when you are feeling angry? How are you going to get back in the Green zone? Write your answers down in the box above.

You might like to listen to the story Angry Arthur by Hiawyn Oram, which you can find on Youtube.

<https://www.youtube.com/watch?v=wE3gDWYgYGQ>

Draw a picture below of what you think your anger looks like. Maybe it looks like a monster or a whirlwind like Arthur's.