My Anger Warning Signs

Anger is an okay feeling. Spotting it early gives me time to choose what I do next.

Name: _____ Date: _____

My anger thermometer

Write what my body and mind do at each level.

5	Exploding level 5	I might hurt someone or something
4	Angry level 4	Hot face, loud voice, fists
3	Frustrated level 3	Grumpy, tight body, want to yell
2	Annoyed level 2	Bothered, a bit tense
1	Calm level 1	Relaxed and ready

What makes me angry?

Tick the ones that happen to me. Star the biggest one.

- ☐ Losing a game
- ☐ Being told no
- ☐ Homework is too hard
- ☐ Being left out
- ☐ Being blamed
- ☐ Too much noise
- ☐ Someone takes my things
- ☐ Being teased
- ☐ Things feel unfair
- ☐ Having to stop a fun thing
- ☐ Being hungry or tired
- ☐ Someone breaks a rule

Something else: _____

My body clues

Circle the clues I notice first.

Hot face | Fast heart | Tight fists | Clenched jaw

Loud voice | Tense shoulders | Want to hit | Tears

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My Cool Down Menu

When anger rises, slow my body down first. Then I can think and choose.

Name: _____ Date: _____

My 4 cool down steps

1 Stop
Freeze my hands and feet. Say STOP in my head.

2 Breathe
Slow breath in, longer breath out. Do it 3 times.

3 Think
What is the problem? How big is it?

4 Choose
Pick a cool down or a fair way to fix it.

Breathe slow

- ○ Balloon breath
- ○ Count 4 in, 6 out
- ○ Smell the flower, blow the candle
- ○ Hand trace breathing

Relax my muscles

- ○ Squeeze and let go
- ○ Push the wall for 10
- ○ Turtle in its shell
- ○ Melt like ice cream

Take a calm break

- ○ Go to my calm spot
- ○ Wrap in a blanket
- ○ Get a drink of water
- ○ Hug a soft toy

Calm my senses

- ○ Squeeze a stress ball
- ○ 5 4 3 2 1 senses
- ○ Listen to calm music
- ○ Color or draw slowly

Use my words

- ○ Say I feel mad because
- ○ Count backward from 20
- ○ Ask for a break
- ○ Think: is this big or small?

Circle what helps me. Star what I will practice this week.

My own cool down idea: _____

Good to know: calming the body down (slow breathing, relaxing muscles, a quiet break) works better for anger than hitting a pillow or yelling it out.

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My Anger Plan

Make a plan when I am calm, so I know what to do when I get mad.

Name: _____ **Date:** _____

My plan

I often get angry when: _____

My first warning sign is: _____

First I will (cool down): _____

Then I will (use my words or fix it): _____

My calm spot is: _____

A grown up I can go to: _____

After the storm: make it right

Everyone loses their cool sometimes. What matters is what I do next.

What happened: _____

How I felt (and how big, 1 to 5): _____

What I did: _____

Who was hurt or upset: _____

How I can make it right: _____

Next time I will: _____

My cool down week

Color a star each day I used a cool down skill.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
_____	_____	_____	_____	_____	_____	_____

For grown ups: talk with a doctor or counselor if anger is frequent, intense or leads to hurting others or self. If a child talks about hurting themselves, in the US call or text 988 any time, or call 911 in an emergency.

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