

Maybe you're feeling a bit



ANGRY today

Have you been feeling or behaving in an angry way today? Have your angry feelings or actions meant taking some time out from the classroom or the playground? Well, that makes THIS a great chance to discover some ways to get on top of those feelings.

There are lots of words to describe feeling angry. Some mean a little bit angry - like 'frustrated' - and others describe being VERY angry - like 'rage'! Whatever angry feelings you're having today, it's time to learn some ways to bring them under control. It's time for you to be the boss of your feelings - not angeriness being the boss of you. Ready? Let's go!



Getting on top of your angry feelings

How angry, how fast?



Have you ever seen a volcano? Some volcanoes rumble for a while, the hot lava slowly building up inside before it erupts. Other volcanoes give zero warning, the hot lava gushing out and pouring down the side burning everything in its path.

Angry feelings can be a bit like a volcano - building up slowly for some - and for others exploding like a volcano erupting. How do angry feelings build up inside of you? Choose from the 3 volcanoes below to show whether your angry feelings build up slowly, in the middle or fast, before erupting.



Slow build up



In the middle



Fast—eruption!

What makes your anger erupt?



Not everyone becomes angry about the same things - it's different for everyone. Read the shapes below. Are your anger-eruptors there?

Believing something is unfair or wrong

Being hungry

A particular person or people

A particular activity or class

Some sounds and smells



ANGRY today

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Reading your 'angry' clues

When smoke comes out of the top of the volcano and it starts to rumble - it's a clue that it's about to erupt. What are your anger-eruption clues?

Saying words that make you feel angry

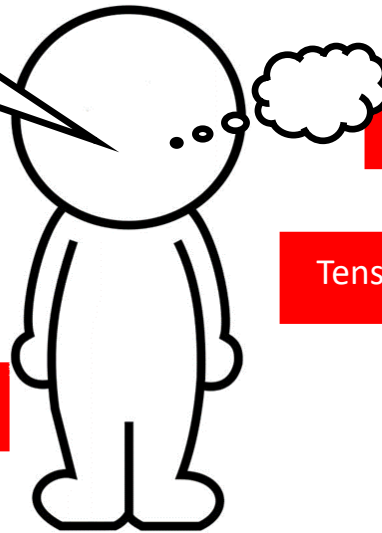
"They never give me a go!"

Short, sharp breaths

Tight tummy muscles

Tense or tight shoulders

Clenched fists



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Breathe it out

Breathe around the 8, moving your finger from one volcano to the next. Go on, get your fingers ready!

- **Breathe in** slowly 1-2-3-4 as your finger moves over the blue erupting volcanoes (start at number 1).
- Cross over onto the bottom part of the 8 and **breathe out** slowly as your finger moves over the orange erupting volcanoes 1-2-3-4 .

Have you got it? Now, keep going round the '8' ten times, breathing in and out slowly 1-2-3-4.

Now it's time to do the same on the palm of your hand.

Trace the number 8 onto your hand, breathing in slowly on the top half of the 8 and breathing out slowly on the bottom half of the 8.

You can take that breathing trick with you wherever you go! Handy! :) Well done!

