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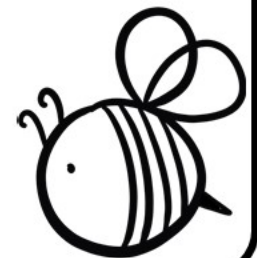
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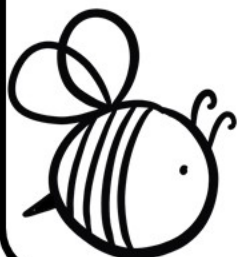
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Feel the 'FEELS' Anger

FEEL THE 'FEELS'
ANGER WORKBOOK
A guide to understanding and working through anger
By Debbie Pughman
KS2/SA Support, 2018

FEEL THE 'FEELS'
ANGER DIARY
A tool to track your angry feelings and reflect on them
By Debbie Pughman
KS2/SA Support, 2018

1 A little angry 2 3 4 5 Very angry



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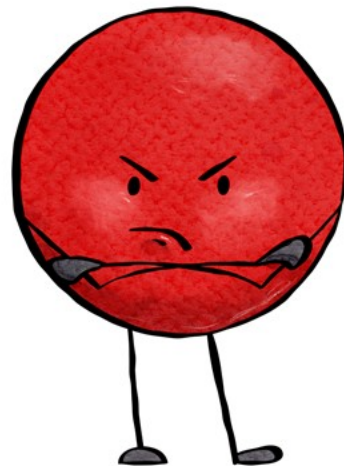


anger

Body Actions ← **Body Sensations**

THOUGHTS

It's not fair!
She cheated!
He laughed at me!
I didn't do anything!
He pushed me on purpose!
She is talking about me!



Fight
Argue
Shout
Put downs
Sulk
Confront
Damage property
Hurt others
Hurt yourself

Urge to attack

Tense
Fast heart beat
Hot and sweaty
Fast breathing
Tight chest
Tummy ache
Feeling sick
Light headed
Trembling

Adrenaline response

Body Actions

anxiety

Body Sensations

THOUGHTS

I am in danger!
I can't cope!
What if?
Something terrible is going to happen
I feel unsafe!

- Run away
- Avoidance
- Fidget
- Escape
- Hide away
- Freeze
- Pacing around
- Swaying

- Tense
- Fast heart beat
- Hot and sweaty
- Fast breathing
- Tight chest
- Tummy ache
- Feeling sick
- Light headed
- Trembling

Urge to attack

Adrenaline response

