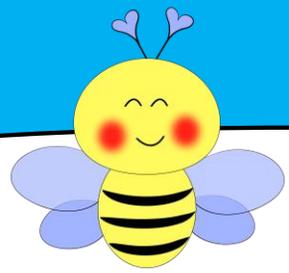
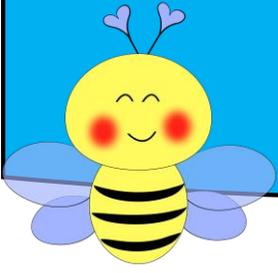


# Mind Monsters

## Feelings Poetry



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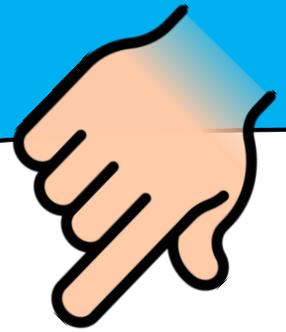
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# Other resources from ELSA SUPPORT



Which monster looks angry?

**Adam is angry**

Let's look at his thoughts, feelings and actions. We will look at these in more detail soon...

**Physical sensations**

- His face and his muscles are all ready for a fight
- His heart is beating fast
- His stomach is rumbling

It's NOT fair! I won't put up with it!

**Have you ever felt angry?**

It is important to remember that anger is a normal emotion. Everyone feels angry sometimes. What happens is how you deal with that anger.

**The IMPORTANT rules**

There are three things you MUST remember about being angry and they are written below...

**YOU MUST**

**Angry words** mad fine

Let's look at some words. If you think this is an angry word then slap your hand together. If you think it is NOT an angry word then wave your hand.

**What are your triggers?**

What causes you to feel angry? Talk to the person next to you and try and come up with something that might trigger you to feel angry.

A trigger is something happens that makes you feel angry or frustrated.

- Adam feels angry when...
- Someone is being...
- Someone calls him...
- He thinks about...
- Someone pushes...
- When he loses...
- Someone insults...
- He is hungry...
- Being criticised...
- When he has to...
- When he can't get his own way...
- Loud noises...
- When he is ignored...

**Mind monsters ANGER**

By ELSA Support 2016

**My 'Anger' Diary**

**The diary...**

You will get a diary to fill in. Use this after you have calmed down. You might be able to think of better ways of dealing with your anger. Reflecting on your anger is a good thing to do! You will think about the following...

- The trigger** What happened to make you feel angry?
- The face** What were your thoughts and feelings?
- The scale** How big was your feeling?
- The firework** what were the physical sensations in your body?
- The explosion** What did you do with your anger? What were your actions?
- The water** How did you calm yourself down?
- The consequences** What were the consequences of your anger? Did you get into trouble? Did you hurt anyone or spoil anyone? Who was affected? Could you have done something different or better?

**What are your thoughts?**

What are your thoughts when something triggers your anger? Talk to the person next to you and talk about your thoughts.

What are you thinking when something triggers your anger? Here are some of Adam's thoughts below...

**How to calm down...**

There are lots of ways to help you calm down. It takes lots of practice to enable you to control your anger. Let's look at...

**And finally...**

Imagine how you might make others feel if you are angry. You might hurt them not only physically but also mentally by hurting their feelings. It is important to try and control our behaviours when we are angry.

**Some more about relaxation...**

It is fantastic if you practise relaxation techniques often. If you do then when you do feel angry you can easily remember what to do. Here are some suggestions on the next few pages...

**Bubble blowing**

**How angry did you feel?**

How big is my feeling?

5  
4

**The firework...**

The 'Anger Firework' is a good way of remembering how anger works.

The explosion is your anger.

Have you heard the expression 'having a short fuse'?

The fuse is all your thoughts and feelings.

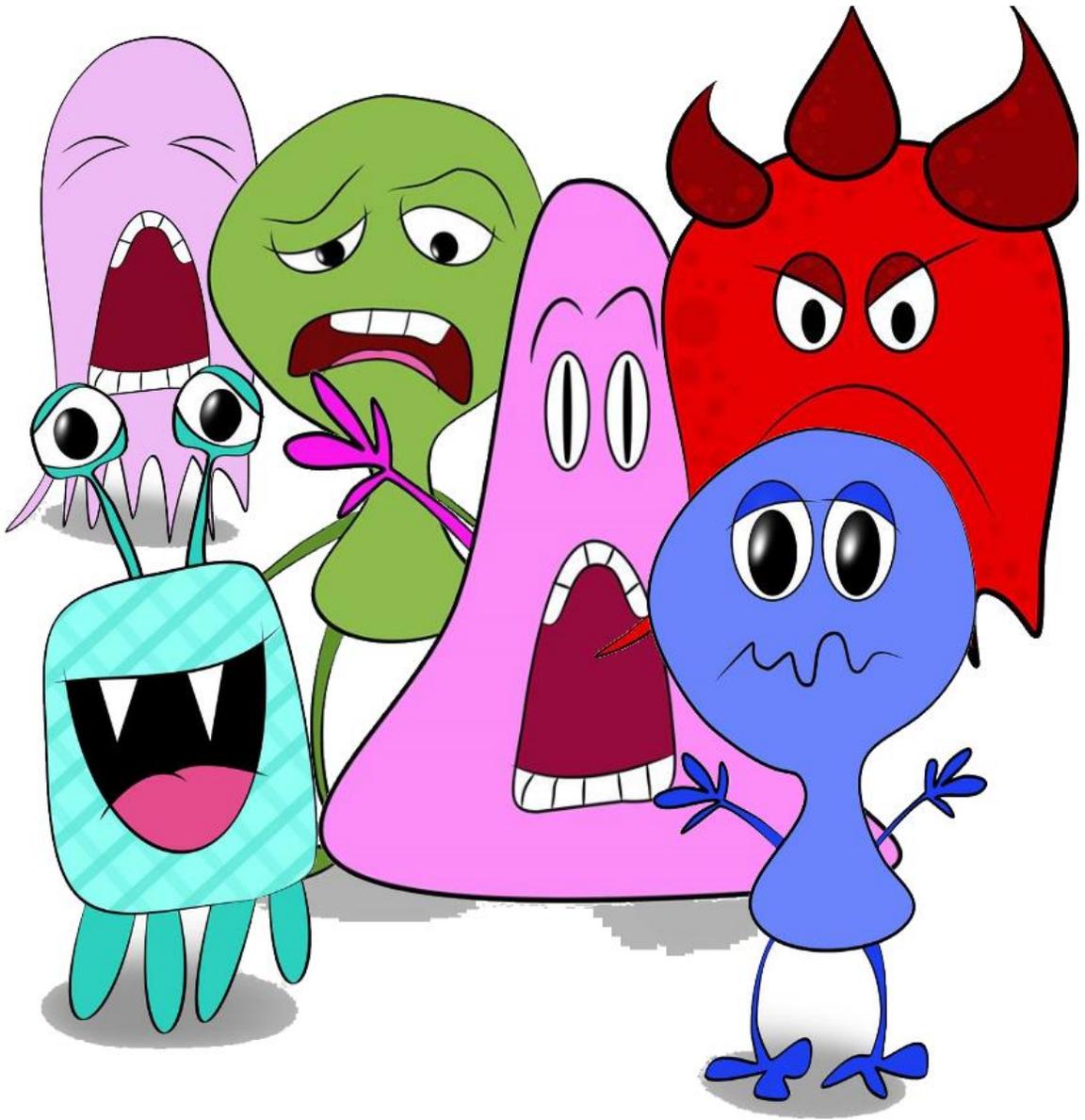
The fireworks in your head and outside actions and how your body reacts.

The water is your calming technique.

The water in your bucket.

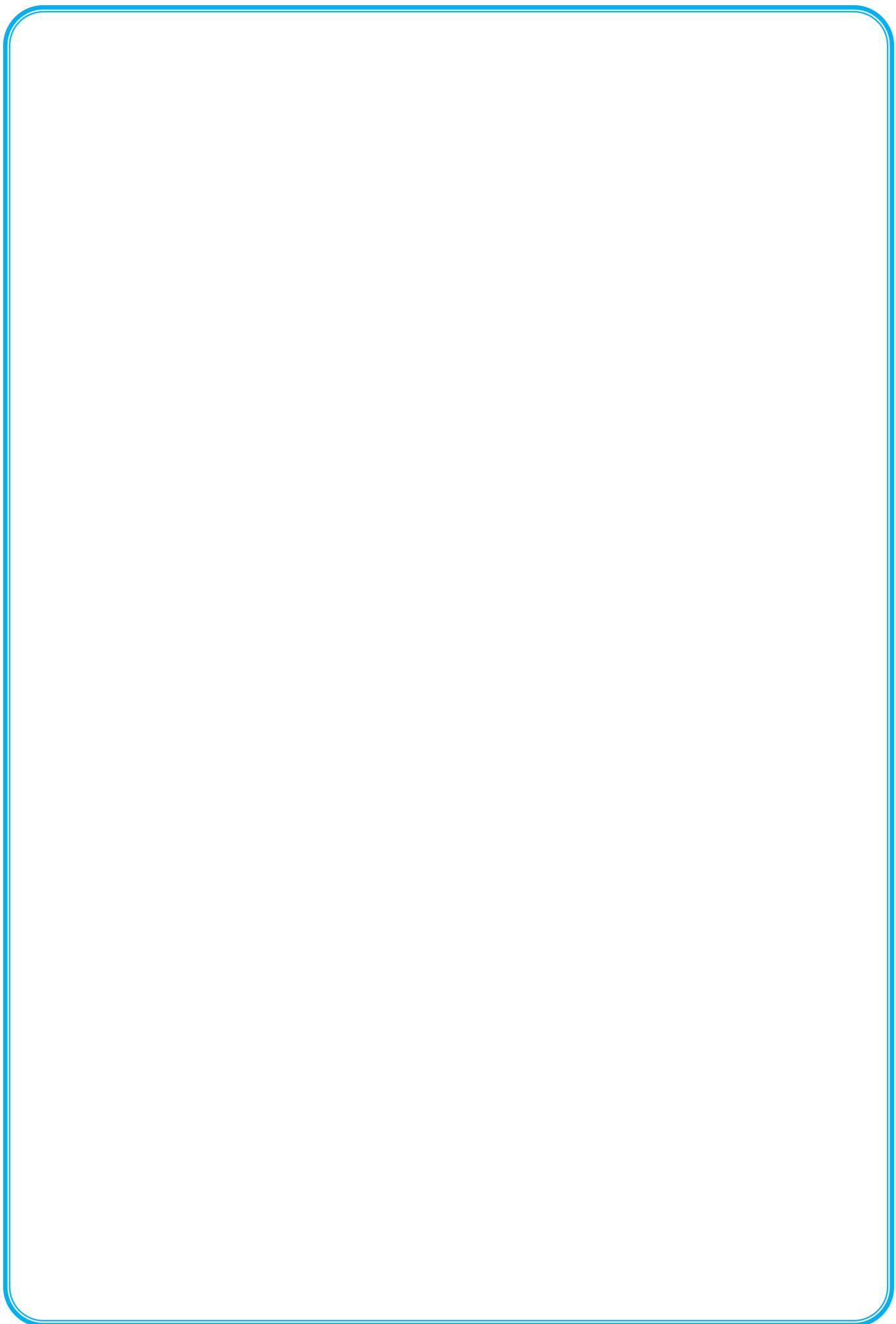
# Mind Monsters

## Feelings Poetry



*Written by Debbie Palphreyman*

*Illustrated by Alex Palphreyman*



# **Mind Monsters**

# **Feelings Poetry**

**Written by Debbie Palphreyman**

**Illustrated by Alex Palphreyman**

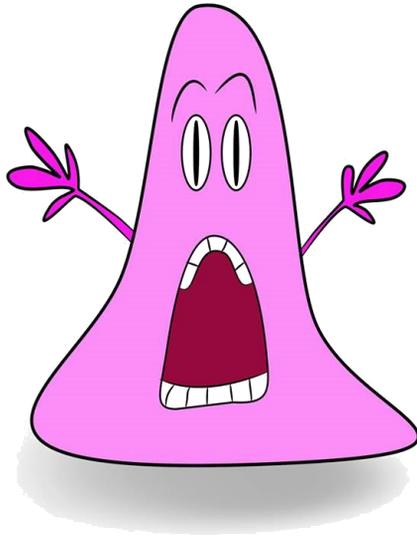
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# Surprised Sam



Sam is surprised you will be amazed to see.  
A party, a new toy, things he cannot foresee.  
His mouth is gaping and wide.  
Eyes that water and you would say they cried.  
Shock, wonder, startled and amazed.  
All of these feelings leave Sam dazed.  
Unexpected things can be fun,  
But sometimes those things make him run.  
Awful things can shock.  
Like a hard, heavy knock.  
And a sudden crack of thunder on a stormy night,  
Can give poor Sam a terrible fright.  
So you see the emotion of surprise can be,  
Good and bad, a mixture you see.  
If like Sam, you feel this emotion,  
Then try not to cause a commotion.  
The feelings, you see, will pass really fast.  
It's amazing and true that they really don't last!

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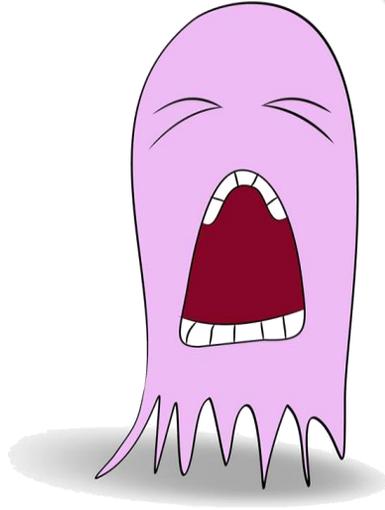
# Angry Adam



Adam is angry all day long.  
His body is ready and his arms are strong.  
Ready to hit, kick or shout,  
To give his big brother a massive clout.  
His triggers are many and he often feels threatened.  
His body becomes a great big weapon.  
A face that is red, breathing that is fast.  
A brain that is confused and incredibly mashed.  
Under that anger if you bother to see,  
are feelings that Adam is trying to flee.  
Like sadness, jealousy, embarrassment and hurt.  
So always be ready and on the alert.  
Adam doesn't like feeling so mad,  
And with that we should be especially glad.  
If you see Angry Adam then please take care,  
Because when he calms down he needs you there.

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# Scared Sophie



Sophie is scared from morning til night.  
Ghosts and snakes give her such a fright.  
Spiders, worms, slugs and snails.  
These creepy crawlies leave her face quite pale.  
She worries and worries all through the day.  
And worries some more what's more to say.  
Her mouth is quite often as wide as can be.  
As a high pitched scream bellows out at me!  
Shaking and trembling as she walks down the street.  
Wondering who on earth she will meet.  
Thumping heart, aching tummy, feeling sick,  
Is her body playing a trick?  
No her body and mind are ready to fight,  
Or perhaps she might even have to take flight.  
Bedtimes are scary at Sophie's house  
What's that she can hear? Is it a mouse?  
It's exhausting to be Sophie and have all that fear,  
Remember to help her and wipe away her tear.

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# Disgusted Doug



Doug feels disgusted a lot of the time.  
From the smell of dog poo to cabbagey slime.  
His facial expression is a sight to be seen,  
When he's forced to eat a lonely baked bean.

The revolting smell of finger nail paint,  
Can even make him fall down in a faint.  
And the stinking aroma of mouldy cheese,  
Can bring him crashing down to his knees.

When someone is ill and vomits at school,  
Doug quite often joins in as a rule.

Bugs, blood, insects and tomatoes,  
Toilets, slugs, spiders and avocados,  
Repulsive and revolting these things are to him,  
So Doug cannot help but look very grim.  
So many things! Poor Doug does despair.  
He is often found hiding under his chair.

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# Happy Hannah



Hannah feels happy most of the time,  
Up the rainbow she loves to climb.  
Flowers, ice cream, and wishing stars,  
She might even reach the planet of Mars.  
She sees everything around her as good and kind.  
If others don't see it, she doesn't mind.  
Her face is alight with a great big smile.  
That will always be her style.  
The cup for Hannah is always half full.  
No matter how hard others may pull.  
Running, jumping, and playing with friends.  
Connecting with others she does depend.  
Each day she likes to learn something new.  
That's a sure way to stop feeling blue.  
Magical times with family and pets.  
Creating memories with no regrets.  
Hannah is loving, confident and proud.  
Liking her is most definitely allowed.

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# Sad Simon



Poor Simon is sad most of the time  
He forgets how it feels to be just fine  
People seem to just ignore him  
Life is generally very grim.  
He often feels lonely without any friends  
And his eyes fill with tears as he hopes it ends  
What makes it worse is his poor cat Fred  
Decided to get itself locked in the shed.  
The bullies pick him out  
To push, shove and shout  
But Simon feels powerless to change all of this  
And positivity he really does dismiss.  
With a sinking heart and shoulders down  
His face often wears a frown.  
If you see poor Simon is looking very sad  
Then consider some ways to make him feel glad.  
A hug, kind word or a smile can be great  
You can be a fantastic new mate!

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