

# Managing My Angry Feelings Workbook

for primary aged students 8+

Aims and goals:

- To be able to understand what anger is.
- To learn strategies to manage my anger.
- To be able to problem solve situations.



# Introduction to Cognitive Behaviour Therapy (CBT)

This workbook can help young people learn to take care of their own mental health using cognitive behavioural therapy (CBT), which will help children to break unhelpful thought patterns that may be making them feel more anxious or sad.

CBT is a type of talking therapy that has been proven to help people of all ages to focus on how thoughts and emotions can affect our behaviour.

Throughout the book there are exercises (where you see the pencil diagram) for you to complete.

If you feel at anytime that you need further support, please see the numbers at the back of this workbook or contact your GP or school nurse.



## What is anger?

We all feel angry sometimes. It is a **normal** feeling in our body when something doesn't feel right.

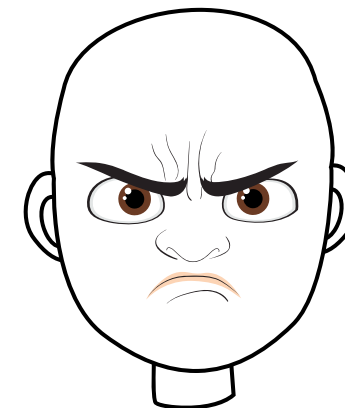
Sometimes we feel angry when we think people are not listening to us, not playing by the rules or when something is unfair; like an adult taking away your iPad when you have been on it for too long.

We can feel angry remembering a past situation or dealing with a new situation. Sometimes feeling angry can be helpful because it can change things to make them better. When we get really angry, sometimes we hurt people; or ourselves, or break things, and this is when we need help to understand and control our anger.

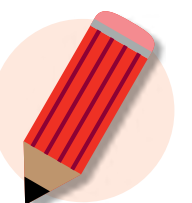
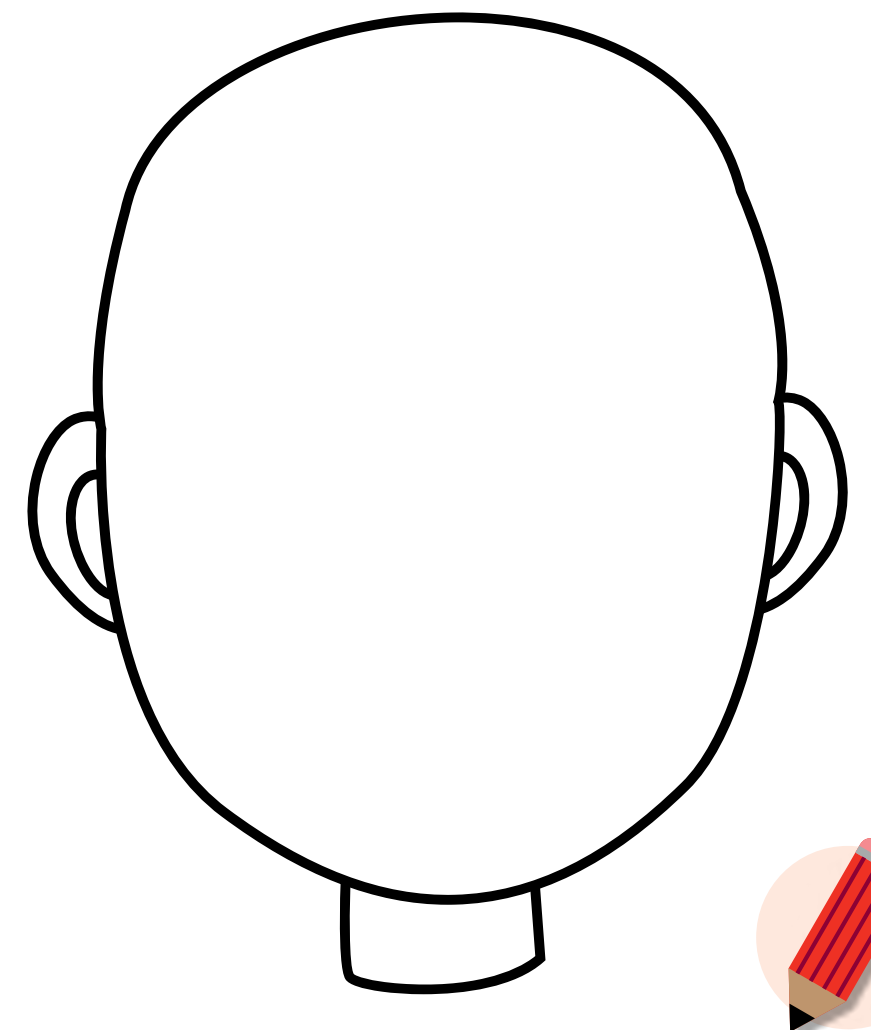
Just like feeling happy or sad, anger is a normal emotion that everyone feels.

## Mirror, mirror on the wall

Imagine you are looking in the mirror, what would your angry face look like? What would your mouth look like, your eyes and even your eyebrows. Draw your angry face below.



Why not try making your angry face in playdough?

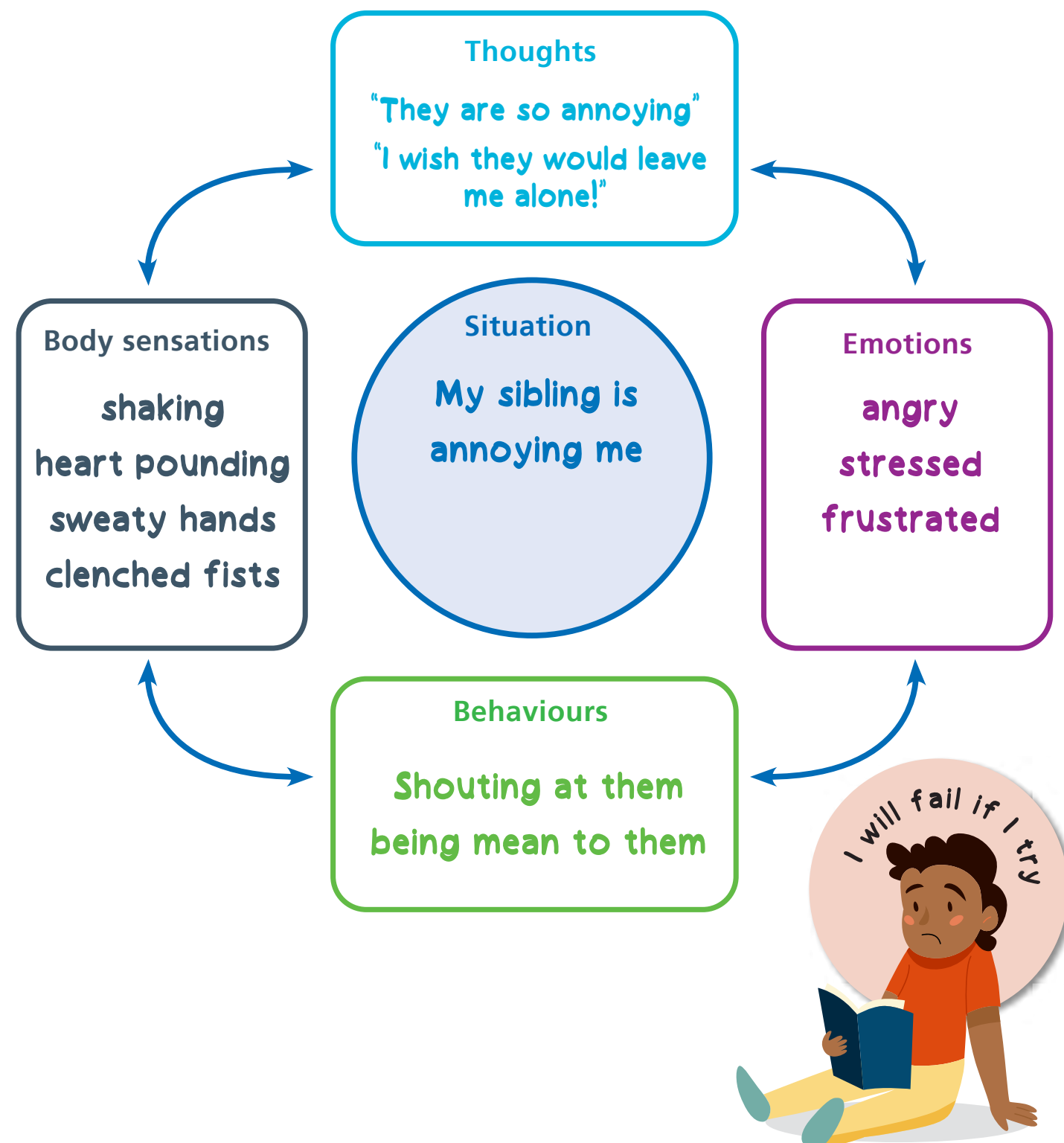


# The five areas

The five areas show how our thoughts, feelings, behaviours and physical sensations link together.

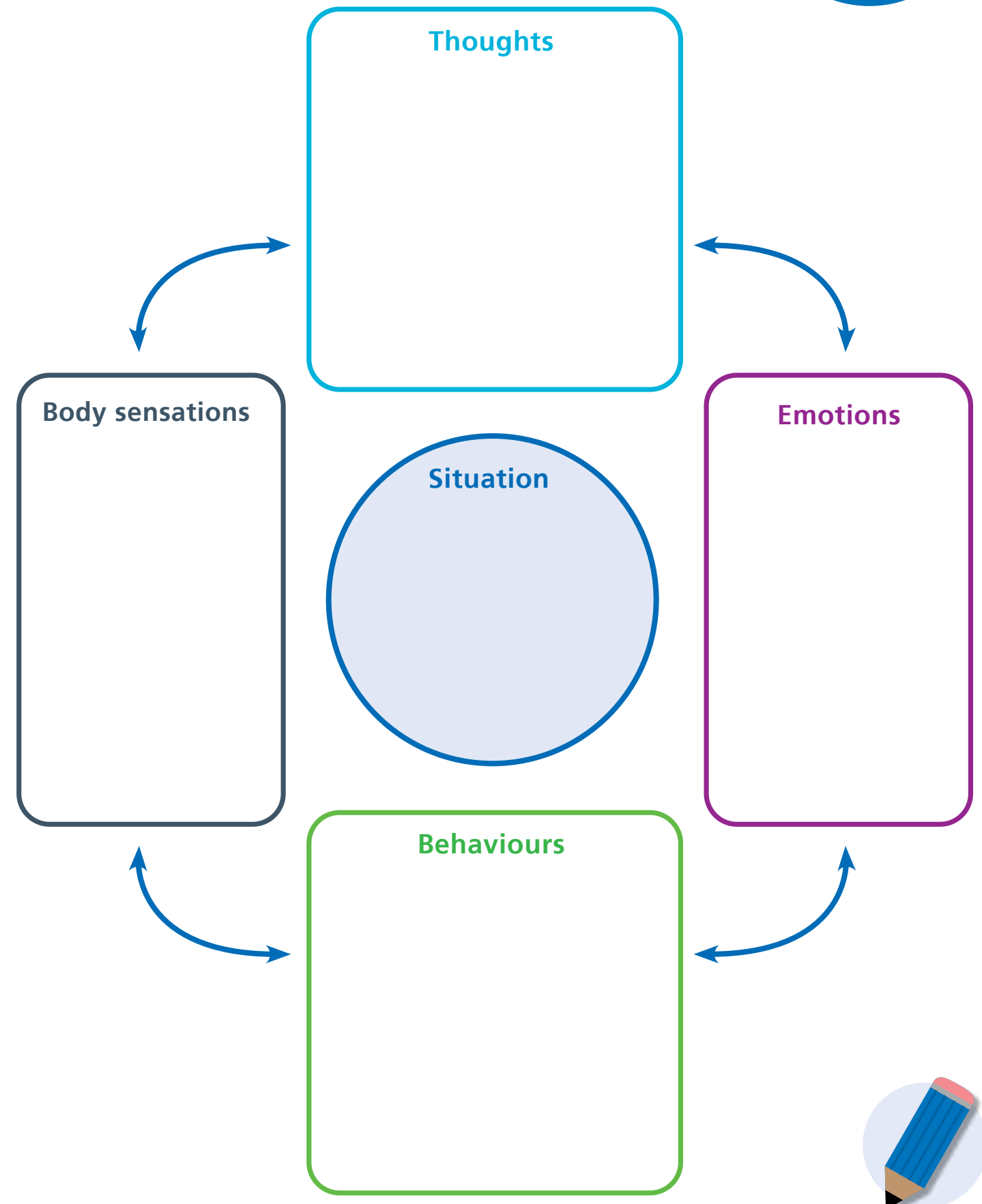
Using this method we can help you identify what is happening and where you may be able to make changes.

Here is an example:



The five areas can become a 'vicious cycle' so it's important to know what is making you feel angry and find a way to break the cycle, by challenging your thoughts or changing what you do (behaviours).

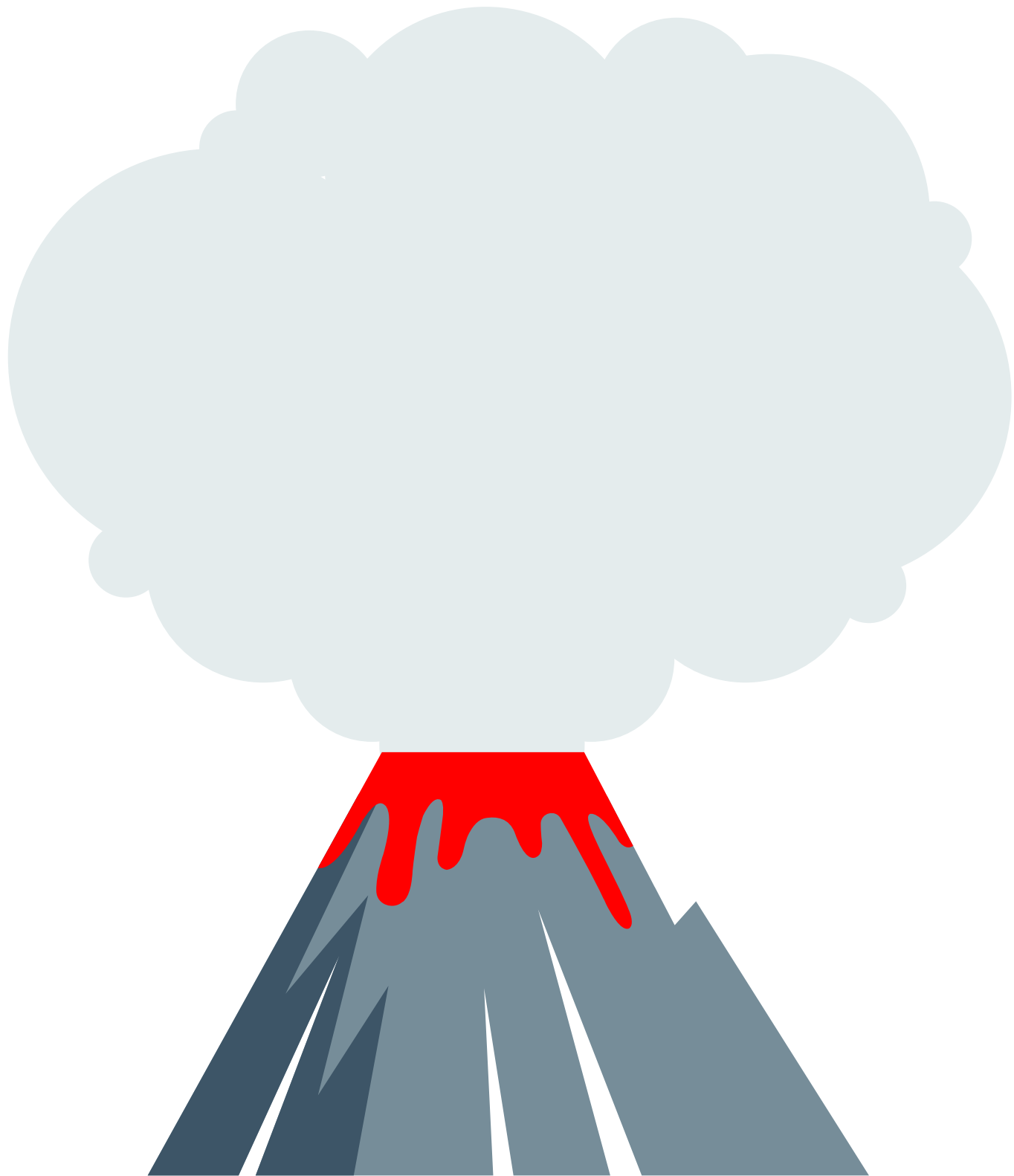
Try creating your 5 areas



# My anger volcano

People can get angry about lots of different things and this is okay as long as we are able to deal with our anger in a positive way.

Can you identify all the things that make you angry in the volcano below?  
If you are finding it hard try asking a trusted adult for help.



# The Fight, Flight or Freeze response

Part of your brain is a bit like a Meerkat, always looking out for things that might hurt us or put us in danger. Anger is one of the body's ways of responding to danger.

When we feel like we are in danger, or we feel threatened, your 'Meerkat' brain sends messages to your body to stay and 'fight' the problem, to run away, 'flight' or to 'freeze' and hope the problem goes away.



For example, if you were hiking in the woods and you came across a bear, there are three main things that your body would do:

Fight	Flight	Freeze
Try to make yourself look big and scary, shout and fight the bear	Run away from the bear as fast as you can	Become frozen to the spot with fear

Here are some ways your body can feel when you are angry. We call these physical sensations. Do you notice any of these in your body?

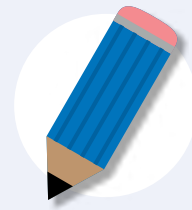
Tick which ones apply to you...

- ☐ Your face feeling hot and red
- ☐ Tummy ache
- ☐ Feeling sick
- ☐ Hot and sweaty
- ☐ Breathing faster
- ☐ Headache
- ☐ Heart beating faster



# The anger firework

The Anger Firework can help you remember how anger works and helps you find ways to calm your anger down before it explodes.



## The match

The match lights the fuse on the firework. It is what triggers your anger. What has happened that made you angry? **eg. my sister broke my game.**



## The fuse

What were you thinking and feeling? **eg. I was cross. She is mean. It took me ages to make the game**



## The firework

These are the physical sensations we feel when angry. What did your body feel like? **eg. I could feel my heart beating really fast. My muscles were tense**



## The explosion

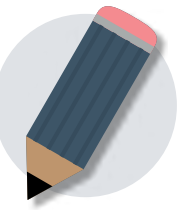
This is your anger. What did you do? How big was the explosion? **eg. I broke her LEGO model she was making. I threw it across the room**



## The water

The water puts the firework out. This is how you can calm down. **eg. I told my mum and I took 5 deep breaths**

# Helpful and unhelpful responses to angry feelings



When we become angry, sometimes we can behave in unhelpful ways. For example, we may shout at another person which can make them upset even when we did not mean to.

Write down in the boxes below some helpful and unhelpful ways to manage your anger and why.

## Unhelpful ways to manage anger

Eg. Shouting at someone, they may not listen to me.

## Helpful ways to manage anger

Eg. Try to speak calmly, I will be listened to.



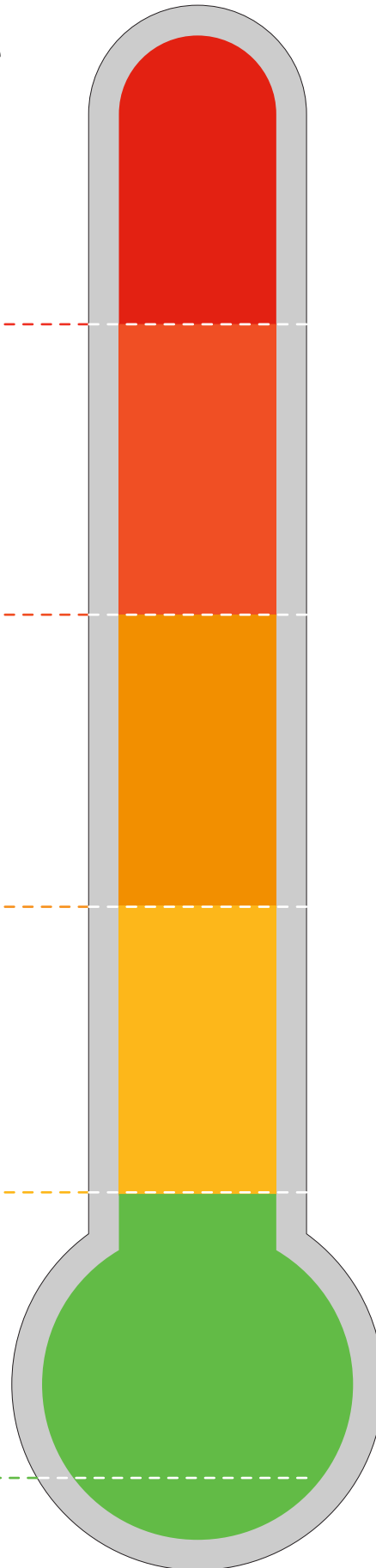
**I feel furious when**

## I feel angry when

**I feel frustrated when**

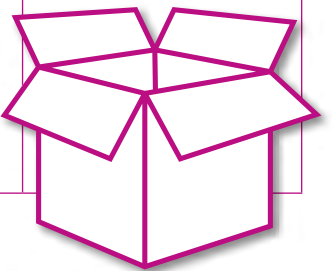

I feel annoyed when

I feel calm when



A self soothe box is a useful tool to use when you are feeling lots of emotions like sadness, worry and anger. It is personal to you and can be kept throughout your life!

Sensory Items	Photos	Hobby items	Bubbles	Relaxation
<p>Things like: fidget cubes / spinners or stress balls.</p> <p>These items can help restlessness.</p>	<p>Pictures of loved ones / friends / pets.</p> <p>These can help to remind you of your close relationships and who is around to support you.</p>	<p>Things like: music, books, games, colouring, books.</p> <p>These can help to relax and distract you.</p>	<p>Can help to support relaxation and help regulate your breathing</p>	<p>Things like: breathing and other relaxation techniques, that you may have found useful.</p>



We recommend finding a shoe box and taking time to decorate this how you like, to ensure it's personal to you. Make sure to keep it somewhere you can easily access it.

**Why not have a go at making your own?**  
**Write some ideas below of what you would include.**

**Try making  
your own  
box**





# Refocus your mind!

When you begin to feel angry, it is important to bring yourself back to the here and now, by distracting your mind.

Why not try some of these ideas to help you along?



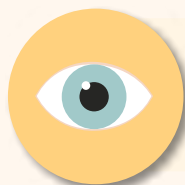
## Letters game

Go through the alphabet and name countries, animals, and food!



## Counting game

Pick a number, add it to the number before and see how far you get!



5 things  
I can see



4 things  
I can hear



3 things  
I can touch



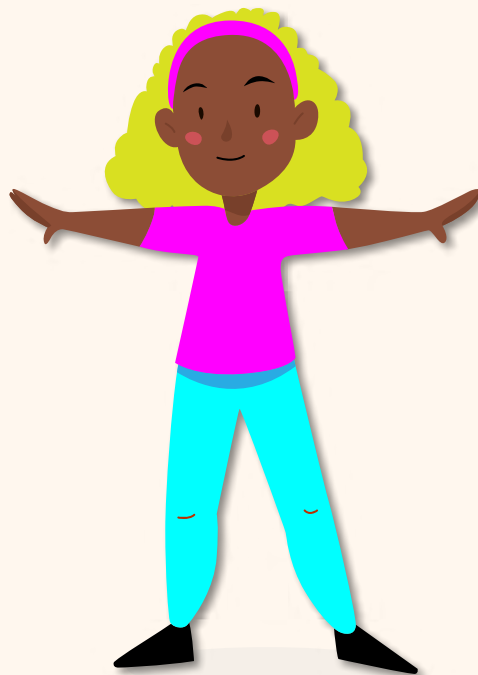
2 things  
I can smell



1 thing  
I can taste

## Grounding

Try using your 5 senses to name five things you can see, four things you can hear, three things you can feel, two things you can smell and one thing you can taste.



## Things you can do to refocus

What do you enjoy doing? What makes you feel happy?  
Write or draw a list below of things you can do to refocus your mind.





# Problem solving

The way that we think about a situation can impact on our mood. Over thinking can contribute to anger so learning how to problem solve can be helpful with avoiding this.

It can become really overwhelming when we have a lot to do and don't know where to start, particularly when we are already feeling low. This is why we use a step by step approach to solving problems

## What is the problem?

## Can you think of 4 things that you could do to deal with this problem? (no matter how helpful or silly!)

Now that we have some options, we need to work out which is the best solution

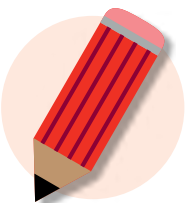
Solutuons	Good things	Bad things

## Which solution will you choose?

Think about which has more good than bad, which seems the easiest and which you think will solve the problem the best.



# Keeping a positive mind

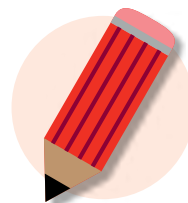


It is normal to have negative thoughts during stressful situations, like during exams. Positive affirmations are positive thoughts we can use to raise our self-esteem and support us when our thoughts are negative.

I CAN do this

I am doing my best and that is enough

If negative thoughts arise, write them down in the table below and try to create a positive alternative to challenge that negative thought.



**Negative thought**  
"I'm going to fail my exams"

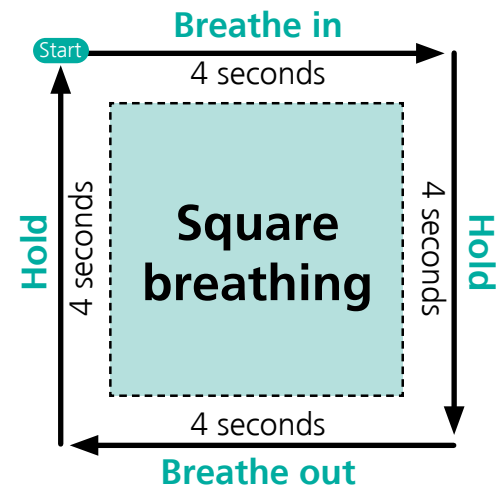
**Positive alternative**  
"I will be proud of myself if I try my best"



# Relaxation

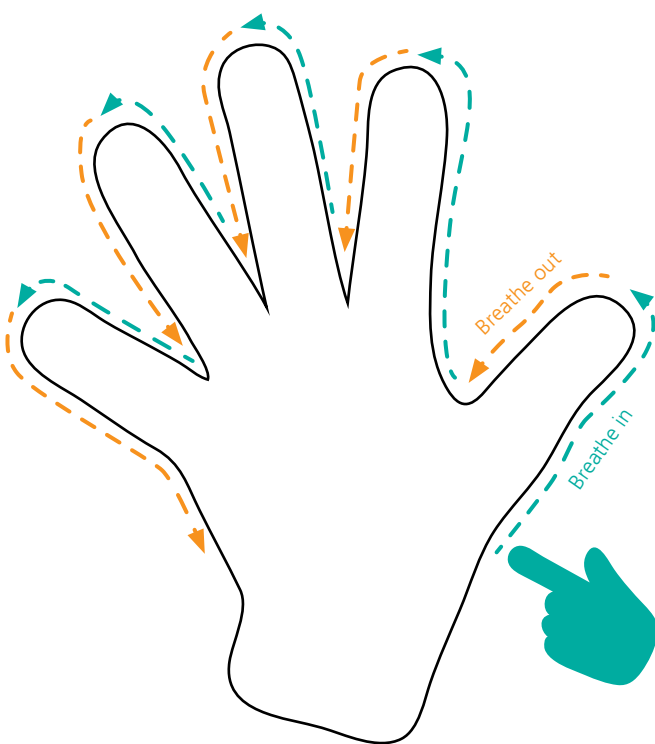
We can use relaxation methods to help manage our body sensations and our emotions.

You can  
do these  
anywhere!



## Square breathing

- Step 1:** Starting at the top left hand corner of the square, sit upright and slowly inhale through your nose for a slow count of four. Pay attention to the feeling of the air filling your lungs.
- Step 2:** Hold your breath for another slow count of four.
- Step 3:** Exhale slowly and deeply through your mouth to the count of four. Feel the air leave your lungs.
- Step 4:** Hold your breath for the same slow count of four before repeating this process until you feel calm.



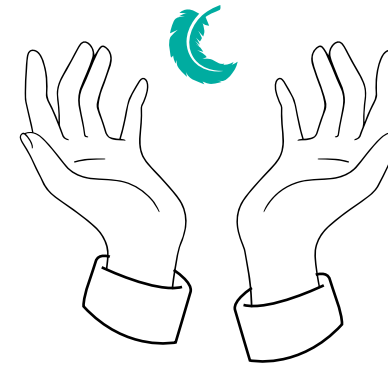
## Finger breathing

Outstretch one of your hands like a star. Have the index finger of your other hand ready to trace your hand.

Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your index finger up to the top of your thumb.

Breathe out slowly and slide your index finger down the inside of your thumb.

Continue breathing in and out as you trace your whole hand.



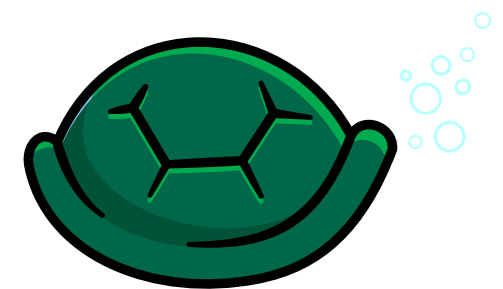
## Feather breathing

Blow a feather from hand to hand: Your breaths have to be so gentle and slow. This will help your heart to beat slower.

## Be a turtle!

Curl up very small on the floor, imagine you have a hard turtle shell, nothing can get through it; it will protect you from the things that are making you feel angry.

Breathe in for 4 and out for 4 very slowly, keep breathing slowly, as your body calms down and your turtle shell protects you.



## STOPP technique



Don't act straight away. Wait.



Slowly breathe in through your nose and out through your mouth.



What am I thinking? How is my body feeling? What am I reacting to?



Zoom out! See the bigger picture. Is this a fact or opinion? Can I think about this more positively?



What could I do to help myself?



## Body scan

Ask a trusted adult to help you try to relax your muscles by reading the following script.

1

**Make your hands into fists.** Go on, really squeeze those fists. Feel that tight feeling... and now go floppy. Enjoy that lovely floppy feeling.

2

**Make your hands into tight fists again, then bring your hands up to touch your shoulders.** Feel that tight feeling along your arms... and now relax. Enjoy that lovely floppy feeling.

3

**Push your shoulders up and try and touch your ears.** Really push upwards. Feel the tight feeling and relax. Enjoy that lovely floppy feeling.

4

**This time scrunch up your face like a ball of paper.** Feel that tight feeling in your face... and relax. Enjoy that lovely floppy feeling.

5

**Now really squeeze your tummy muscles tight like a big squeeze hug...** then relax enjoying that floppy feeling.

6

**Tighten all the muscles in your legs,** really squeeze them all and feel that tight feeling... then relax. Enjoy that lovely floppy feeling.

7

**Make your toes into fists,** really scrunch up those toes like your shoes are too small. Feel them all scrunched up... then relax. Enjoy that lovely floppy feeling.

8

**Take a deep breath and hold that breath.** Feel that tight feeling in your chest, feel the tight feeling... now let the breath out slowly and feel all the tightness go away. Enjoy that lovely floppy feeling.

9

**Keep your eyes closed.** We are going to check each part of your body to see if there is any tightness.

**You should now be feeling wonderful and relaxed and floppy. Just enjoy that wonderful feeling and when you feel ready open your eyes.**

## How else can I calm down?

There are lots of other ways to calm yourself down when you start to feel angry. Here are some different calming techniques you could try. Why not give them a go!

Things to try when I am angry

### Talk to yourself!

The next time you feel angry ask yourself this question, 'What would happen if...?' Think about what might happen if you do something when you are angry.

Here is an example.

What would happen if I throw my iPad?

I might get into lots of trouble



I might hurt myself

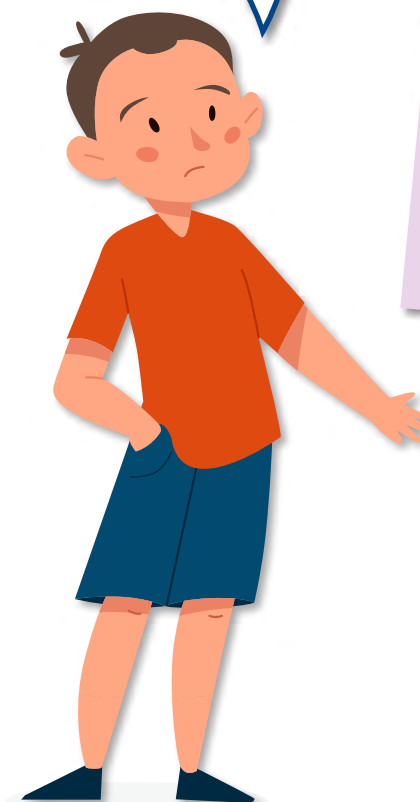
I might break the iPad

I might not be allowed on an iPad again

I might hurt or upset someone



I might break or damage something





### Have a drink of water

Take 10 slow mouthfuls, counting each time you swallow. Feel the water in your throat, cooling your body as it travels to your stomach.

You could imagine you are eating your favourite ice cream or lolly ice, feeling how cold it is in your mouth, cooling your anger down.

### Find a safe space

If this is at school, you need to tell an adult where you are going or have a card you can show to tell the adult you need some calming down time.

You can talk to the teacher and tell them what you need to do before any problems make you angry. They may even give you a prompt if they see you getting frustrated. Have your soothe box there or have some playdough and squeeze it in your hands.



### Ask a friend or an adult to help:

Practise saying 'I feel angry / mad / frustrated because...' to tell them how you are feeling and what is happening to make you feel angry.

Try to use the anger-o-meter to tell them how big your anger is.

## Mirror mirror on the wall

Now you have learnt some new strategies to calm down, what would your calm face look like in the mirror?

What would your mouth look like, your eyes and even your eyebrows.

Draw your  
calm face in the  
mirror below



# Useful websites and numbers



## Mental Health Crisis Response Team

01744 415 640

24 hours a day  
seven days a week.

## 24/7 Mental Health Crisis Line

Freephone  
0800 051 1508

24 hours a day  
seven days a week.

## Text Support

Text REACH  
to 85258

24 hours a day  
seven days a week.

**HOPELINE247**  
0800 068 41 41

Are you, or is a young  
person you know, not  
coping with life?

For confidential suicide  
prevention advice  
contact **HOPELINE247**.

Call: **0800 068 41 41**  
Text: **07860 039 961**

[www.papyrus-uk.org](http://www.papyrus-uk.org)

**THE MIX**  
Essential support for under 25s

Essential support for  
under 25s. Get advice  
about relationships,  
drugs, mental health,  
money and jobs.

**0808 808 4994**

4pm to 11pm Monday  
to Friday

One to one chat and  
message, visit  
[www.themix.org.uk](http://www.themix.org.uk)

 **LISTENING EAR**  
someone to talk to

A charity to help those  
who've been bereaved,  
suffered loss or  
experienced separation.

**0151 488 6648**  
[www.listening-ear.co.uk](http://www.listening-ear.co.uk)

**kooth**  
[www.kooth.com](http://www.kooth.com)

**SAMARITANS**

**116 123**

**childline**

**0800 1111**

## Additional info

We have other workbooks available.  
Please ask your local mental health support team.

We really appreciate your feedback to help us improve our service for you.  
Please fill out a short survey once you have completed this workbook.