

The Anger Whirlwind

**Helping children
to deal with anger
positively**

The Anger Whirlwind

Aim:

The aim of this section is to help children understand how the emotion of anger affects them as an individual.

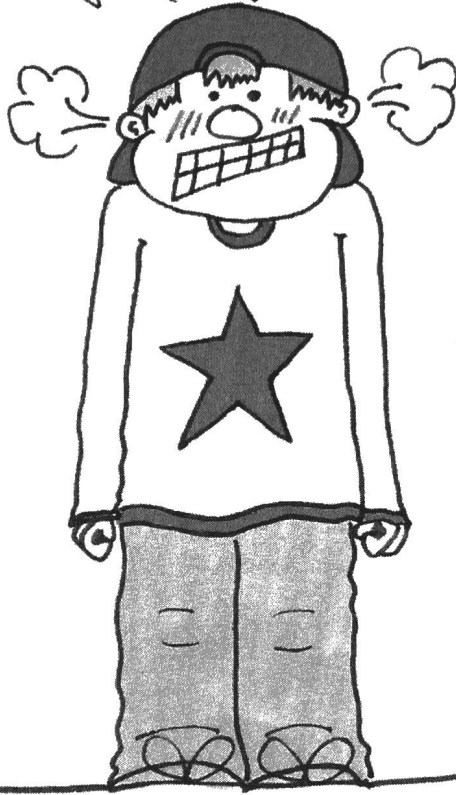
It is important for children to understand that it is normal to feel angry if we have suffered an injustice - everyone does.

Therefore, it is not anger that is negative. However, some of the ways we react when we are angry can be.

The final aim of the section is to help children to understand the difference between a state of calm and a state of anger, and to explore the most productive ways for the child to calm down.

Notes:

The



Anger

Whirlwind

Guidelines for using 'Anger'

The most important thing to convey to children while completing this worksheet is that anger is not a negative emotion. Everyone has the right to feel angry if they have suffered an injustice. It is what you do with your anger that determines whether it becomes a negative force. Indeed, many influential people only hold the position they do because they have got angry about their situation and channelled this anger positively to achieve success. It may be useful to discuss this fact with the child, using well-known people to illustrate this point.

The second part of the worksheet asks children to identify triggers to their own anger. There are examples of such triggers written around the edge of the worksheet. These can be used to stimulate the child's thoughts about their own triggers. In order to illustrate that anger is a 'normal' and natural emotion, it may be useful to let the child know that at least some of these triggers would be a potential trigger for you too.

Notes:

Anger

IS A WHIRLWIND THAT CAN QUICKLY
GET OUT OF CONTROL AND HURT OR
UPSET OTHERS AROUND US,
INCLUDING OURSELVES.

WE ALL FEEL

Angry

FROM

TIME TO

TIME

IT IS

OK TO

FEEL

Angry

SNATCHING

PEOPLE HURTING ME

It is not ok to hurt or upset others

WHAT MAKES YOU **Angry?**

DRAW OR WRITE ABOUT THEM ON THE WALL



FRUSTRATION

BEING LEFT OUT

Guidelines for using 'Calming the Whirlwind!'

This worksheet helps children to become aware that calming strategies help prevent anger from becoming a negative emotion. They allow the 'whirlwind' to stop getting out of control by giving their mind a chance to calm down and think clearly about positive ways to respond and channel their anger. Again, there are ideas around the edge of the worksheet to help stimulate the child's thoughts about calming strategies. Some children will have no ideas at this point, so you may have to do a lot of directing.

It may also be useful to practise some of these strategies during the session with the child in order for them to become 'real' and to see how these skills work for them. Finding which skill works best may not occur during the session. It is more likely that children will develop this over time as they gain experience of using the skills in 'real-life' situations. As such it is important that the issues discussed in this worksheet are revisited.

Notes:

Calming the Whirlwind!

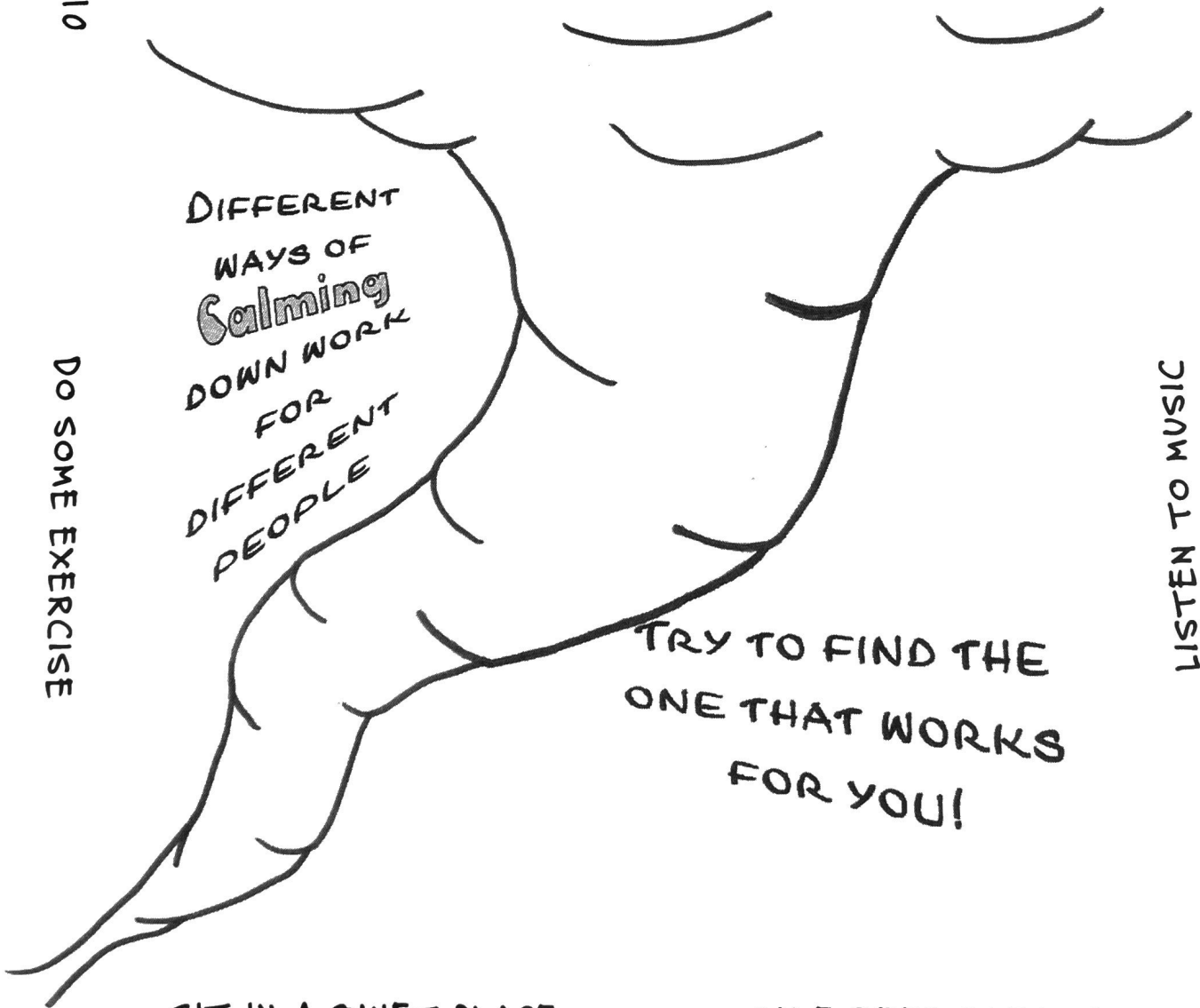


CAN YOU THINK OF WAYS TO
Calm
DOWN WHEN YOU GET
Angry?

Write them in the whirlwind.

COUNT BACKWARDS FROM 10

DRAW A PICTURE



DIFFERENT
WAYS OF
Calming
DOWN WORK
FOR
DIFFERENT
PEOPLE

TRY TO FIND THE
ONE THAT WORKS
FOR YOU!

DO SOME EXERCISE

LISTEN TO MUSIC

SIT IN A QUIET PLACE

TAKE DEEP BREATHS

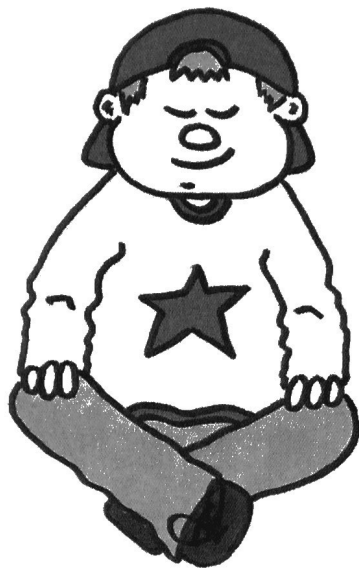
Guidelines for using 'Calming Strategies'

This worksheet helps children to identify the differences between a state of calm and a state of anger. Children may not be able to identify the differences easily and, if so, it may be useful to try to induce a state of calm in the child.

This can be achieved by asking him or her to sit back in a chair with eyes closed and think about a happy experience while taking deep breaths.

Once the child has done this for a while, ask him or her to try to identify what is happening to the body. You could ask the child how his or her body will feel when angry by contrasting it with this feeling of being calm.

Notes:



USING
Calming
STRATEGIES
HELPS GET RID OF
Anger

YOU KNOW WHEN YOU ARE
Calm AGAIN
BECAUSE YOUR BODY TELLS YOU.

WHEN YOU ARE **Calm**

YOU BREATHE SLOWLY

YOUR MUSCLES ARE RELAXED

YOUR BODY ALSO TELLS YOU
WHEN YOU ARE GETTING

Angry

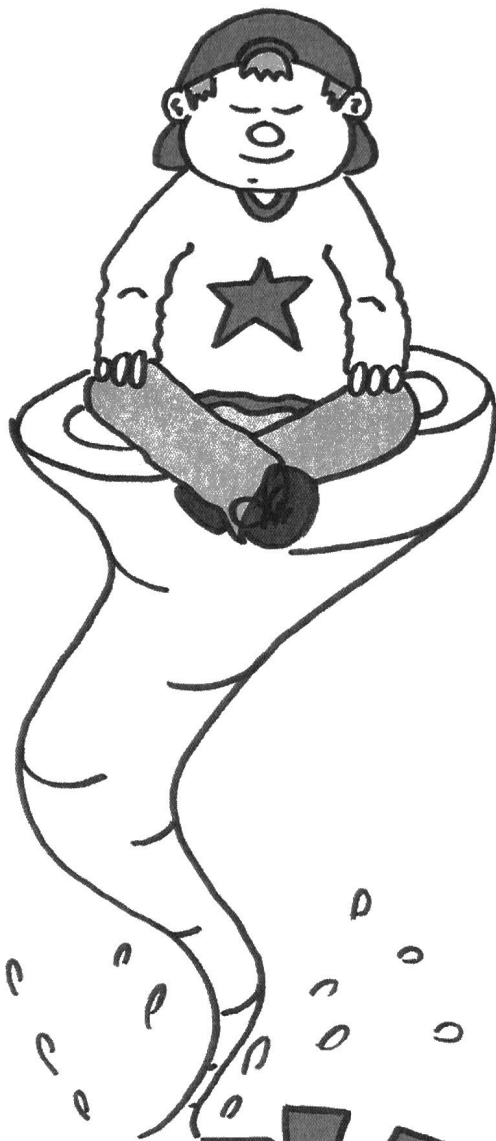


WHEN YOU BECOME **Angry**

YOU BREATHE QUICKLY

YOUR MUSCLES ARE TENSE

I know how to
Calm my



Whirlwind

