

# ANGER MONSTER

Choose the 3 colours to represent your levels of anger.



**Not angry**



**A little angry**



**VERY angry**

Using the colour code you have made above, colour how angry you feel in different situations.



Someone says something mean



I can't do my school work



Someone breaks your things



Someone won't let me play



I get beaten at a game



Someone tells on me



Someone is in my way



My model doesn't go to plan

Can you talk about things you can do to help you when you feel angry?

# ANGER MONSTER

Choose the 3 colours to represent your levels of anger.



**Not angry**



**A little angry**



**VERY angry**

Talk about different situations that make you feel angry. Use the colour code to show how angry they make you feel.



Can you talk about things you can do to help you when you feel angry?