

Name: _____



Date: _____



What is anger?

Anger is a normal feeling that everyone has. It can show up when something bothers us, hurts us, or feels unfair.

It's okay to feel angry. It's what we do with it that matters.



How to use this worksheet

Think about the things that can build up your anger. Write or draw them in the spaces below.

The more you understand your volcano, the easier it is to keep in control.

what makes me angry volcano

When I explode...

What happens when my anger gets too big?

Triggers

What things or situations can trigger my anger?

People

Are there any people who can trigger my anger? Who?

Warning signs

What happens in my body or behaviour when my anger is starting to build?

Build up

What little things build up my anger over time?

Healthy ways to cool down

What can I do to help myself before my anger erupts?



1. _____

2. _____

3. _____

4. _____

5. _____



I can't always control what happens, but I can choose how I respond.



It's okay to feel angry. It's not okay to hurt myself or others.