

# ANGER MANAGEMENT FOR KIDS WORKBOOK

VIBRANTANDSAIN

# Anger Management for Kids

## WHAT IS ANGER? (UNDERSTANDING EMOTIONS)

Anger is a natural human emotion that arises when we perceive a threat, injustice, frustration, or harm. It is a powerful emotional response that signals something is wrong and often pushes individuals to take action or protect themselves. While it can be uncomfortable or intense, anger is not inherently bad; it plays a key role in our emotional health by helping us identify issues that need to be addressed.

At its core, anger is a physiological reaction triggered by the body's "fight or flight" response. When something upsets or frustrates us, our body releases chemicals like adrenaline, which increases heart rate, tenses muscles, and prepares the body for action. This can lead to a range of physical symptoms such as clenched fists, a racing heart, or a red face.



## DIFFERENT TYPES OF ANGER

Anger management for kids can involve a variety of strategies, such as deep breathing exercises, emotional regulation techniques, and problem-solving skills. Cognitive-behavioral approaches help children identify triggers, while creative outlets like art or physical activities offer healthy ways to express their emotions. Tailoring techniques to each child's needs promotes long-term emotional resilience.

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## FRUSTRATION



## RAGE



## IRRITATION



## ANNOYANCE



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## RESENTMENT



## HOSTILITY



## VENGEANCE



## OUTRAGE



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## WHY DO WE GET ANGRY?

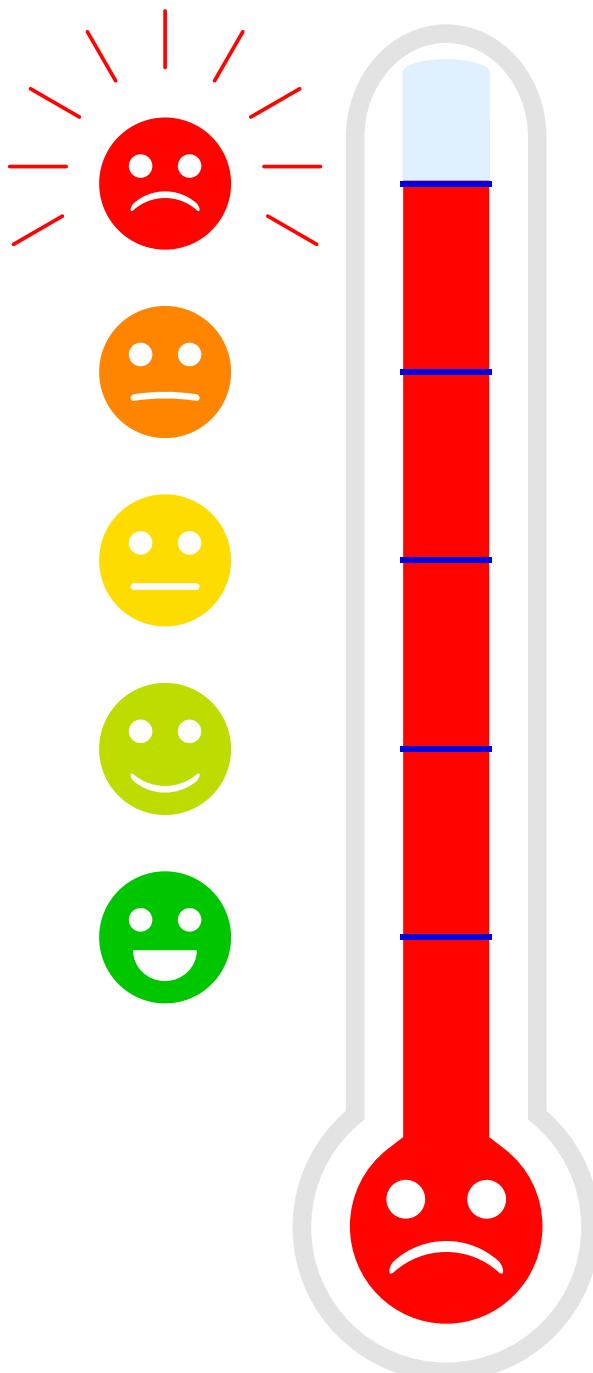
Category	Description	Examples of Triggers
Frustration	Occurs when children are unable to achieve a desired goal or when things don't go as planned.	Difficulty with tasks
Perceived Injustice	Children feel something is unfair or they are treated unjustly.	Unequal treatment
Fear or Threat	Anger arises as a defense mechanism when a child feels threatened, scared, or insecure.	Fear of failure
Overstimulation	Sensory overload or too much activity can make children feel overwhelmed and irritable.	Too many instructions
Unmet Needs	Anger can be a response when basic physical or emotional needs are not fulfilled.	- Lack of attention or affection

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Category	Description	Examples of Triggers
Lack of Control	Feeling helpless or unable to influence a situation can trigger anger.	Rules they don't understand
Disappointment	When expectations are not met, children may feel angry and upset.	Cancelled plans
Hurt or Rejection	Emotional pain from feeling rejected, unloved, or unappreciated can manifest as anger.	Feeling ignored by a parent
Change or Uncertainty	Difficulty coping with transitions or unfamiliar situations may lead to frustration and anger.	Moving to a new place
Jealousy or Envy	Comparisons with peers can result in feelings of inadequacy, leading to anger.	Envy over a friend's toy or achievement
Feeling Misunderstood	Anger can arise when children feel their emotions or viewpoints are not acknowledged.	Miscommunication during arguments

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## MY ANGRY THERMOMETER

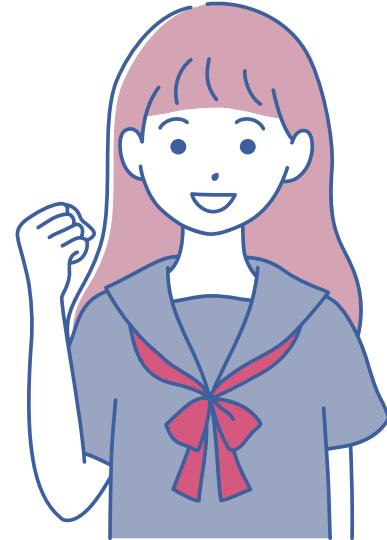


- Frustration
- Rage
- Irritation
- Annoyance
- Resentment
- Hostility
- Vengeance
- Outrage

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## IS ANGER ALWAYS BAD?

Anger is often seen as a negative emotion, but it is not inherently bad. Like all emotions, anger serves an important purpose. It can signal that something is wrong, motivate change, or protect us in threatening situations. What determines whether anger is helpful or harmful depends on how it is expressed and managed. The key is understanding that anger can have both positive and negative forms.



### POSITIVE ANGER:

Positive anger, sometimes referred to as constructive anger, is anger that is controlled and used in a healthy, productive way. When managed well, anger can lead to positive outcomes, such as problem-solving, standing up for oneself, or bringing attention to important issues. Positive anger is assertive, not aggressive, and aims to address the root cause of the problem without causing harm to others.



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## CHARACTERISTICS OF POSITIVE ANGER:

- **Controlled Expression:** The person feels angry but stays in control of their words and actions.



- **Focus on Problem-Solving:** The anger is directed toward resolving an issue or conflict rather than escalating it.



- **Clear Communication:** Positive anger allows individuals to express their needs or boundaries firmly, without being hurtful.

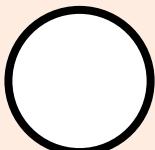


- **Catalyst for Change:** Positive anger can motivate a person to take constructive action, such as advocating for fairness or correcting an injustice.

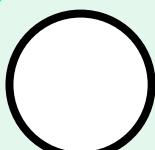


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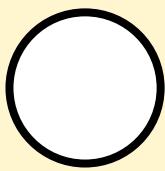
## EXAMPLES OF POSITIVE ANGER:



- **Standing Up for Yourself:** If someone is being treated unfairly, controlled anger can help them assertively defend their rights.



- **Addressing a Wrong:** Anger about social injustice or inequality can lead to activism and positive change in society.



- **Setting Boundaries:** Feeling angry when others disrespect boundaries can motivate someone to communicate those limits clearly and protect their well-being.

## • NEGATIVE ANGER:

Negative anger, or destructive anger, is when anger is expressed in harmful, uncontrolled, or aggressive ways. This type of anger can lead to damaging outcomes, both for the person experiencing the anger and those around them. Negative anger can hurt relationships, lead to violence, or create lasting emotional scars.



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## CHARACTERISTICS OF NEGATIVE ANGER:

- **Uncontrolled and Impulsive:** The person loses control of their emotions, leading to shouting, physical aggression, or other harmful behaviors.



- **Blaming and Aggression:** Negative anger often involves blaming others or lashing out without trying to resolve the underlying issue.



- **Hurtful Communication:** Words are used to insult, demean, or hurt others instead of expressing needs or resolving conflict.

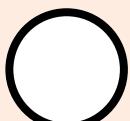


- **Long-Term Consequences:** Unresolved negative anger can lead to broken relationships, stress, and even physical health problems, such as high blood pressure.

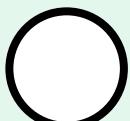


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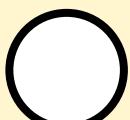
## EXAMPLES OF NEGATIVE ANGER:



- **Verbal Outbursts:** A person loses control and yells at a coworker in a heated argument over a minor disagreement, using hurtful language and making personal attacks. This kind of negative anger can damage relationships and create a hostile environment.



- **Passive-Aggressive Behavior:** Instead of expressing their frustration directly, an individual silently resents their partner, giving them the "silent treatment" and making sarcastic remarks. This indirect form of anger can erode trust and communication in relationships.



- **Physical Aggression:** After a frustrating day at work, a person comes home and slams doors, punches walls, or throws objects. This uncontrolled expression of anger can lead to physical harm and escalate into dangerous situations.



- **Self-Destructive Behavior:** A student feels angry and overwhelmed after failing an exam. Instead of seeking support or addressing the issue, they engage in negative coping mechanisms like binge drinking or self-harm, which can have long-term consequences on their mental and physical well-being.

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## KEY DIFFERENCES BETWEEN POSITIVE AND NEGATIVE ANGER

Aspect	Positive Anger	Negative Anger
Expression	Controlled, calm, and assertive	Uncontrolled, aggressive, or suppressed
Focus	Resolving problems and finding solutions	Blaming others or escalating conflict
Impact on Others	Encourages open communication and mutual respect	Causes hurt, fear, or further conflict
Outcome	Leads to positive change or problem resolution	Damages relationships, mental health, or well-being
Emotional Control	Emotion is acknowledged and managed effectively	Emotion is overwhelming or suppressed until explosive
Communication Style	Direct and clear without causing harm	Hurtful, aggressive, or dismissive

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## WHAT ARE TRIGGERS?

Triggers are specific situations, events, or stimuli that provoke an emotional response, such as anger. They are the catalysts that set off feelings of frustration, annoyance, or even rage in children and adults alike. Anger triggers vary widely from person to person, as they are often linked to individual experiences, temperament, and emotional sensitivities.



For children, triggers can be particularly potent because they are still learning how to manage emotions and navigate their environments. Triggers can be both external and internal. External triggers come from situations outside the individual, such as interactions with others or environmental changes. Internal triggers, on the other hand, arise from within, such as negative thoughts, memories, or unmet expectations. Recognizing and understanding these triggers is essential in helping children gain control over their anger responses.

## TYPES OF TRIGGERS:

Triggers can be classified into various types, including emotional, environmental, and relational triggers. Emotional triggers often stem from past experiences or trauma, causing intense reactions. Environmental triggers relate to specific situations or surroundings that evoke anxiety or discomfort.

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## EXTERNAL TRIGGERS:

These are outside forces or situations that provoke anger. Common examples include:



- **Conflict with Peers or Siblings:** Disagreements, teasing, or feeling excluded can trigger anger.
- **Unfair Treatment or Injustice:** Feeling wronged or treated unfairly, such as being blamed for something they didn't do, can lead to frustration.
- **Environmental Factors:** Loud noises, crowded spaces, or overstimulation can overwhelm children and cause irritability or anger.
- **Change or Disruption in Routine:** Sudden changes, like moving to a new home or a shift in daily routines, can provoke anxiety and anger.

## INTERNAL TRIGGERS

These are emotional or cognitive responses within the child that lead to anger. Common internal triggers include:

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- **Unmet Expectations:** When something doesn't go as planned or a desired outcome isn't met, children may feel frustration or disappointment, triggering anger.
- **Negative Self-Talk or Thoughts:** Harsh internal dialogue, such as feeling unworthy or inadequate, can lead to anger.
- **Feeling of Powerlessness or Lack of Control:** When children believe they cannot control a situation, they may respond with anger as a way of expressing frustration.
- **Physical Discomfort:** Hunger, fatigue, or illness can lower tolerance and make children more susceptible to anger when faced with challenges.

## WHY DO TRIGGERS MATTER?

Triggers matter because they can evoke strong emotional responses and influence behavior, often revealing underlying issues related to trauma or stress. Understanding triggers is crucial for effective emotional regulation and healing, enabling individuals to navigate their reactions and cultivate healthier coping strategies. Recognizing and addressing triggers fosters personal growth and resilience, ultimately contributing to improved mental well-being.



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- **Recognize Early Warning Signs:** Understanding what typically triggers their anger can help children recognize when they're starting to feel upset.
- **Develop Coping Strategies:** Once they know their triggers, they can practice coping techniques, such as deep breathing, counting to ten, or walking away from a situation to cool down.
- **Communicate Needs Effectively:** Children who understand their triggers are better equipped to express their needs and emotions before they boil over into anger.

## EXAMPLES OF COMMON TRIGGERS IN CHILDREN:



- **Losing a Game:** Children may feel frustrated and angry when they lose a competition, especially if they value winning.
- **Not Getting What They Want:** Whether it's a toy, treat, or permission to do something, denial of their desires can quickly lead to an angry outburst.
- **Feeling Misunderstood:** When children believe that others don't understand their feelings or perspective, it can be a strong trigger for anger.
- **Being Told "No":** Authority figures like parents or teachers setting boundaries can trigger frustration in children, especially when they don't fully understand the reason for the limit.

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## MY ANGER TRIGGERS



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## HOW DO I FEEL RIGHT NOW

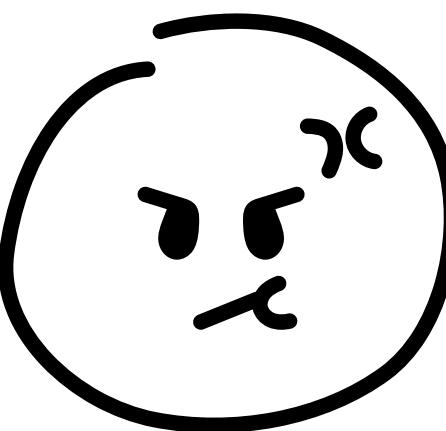
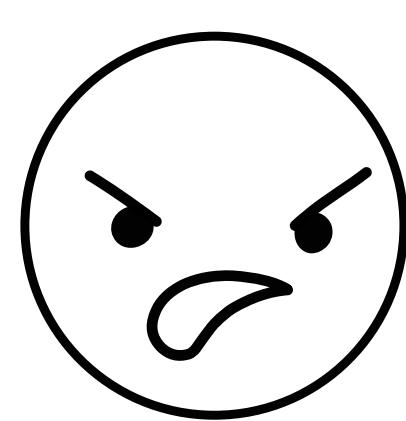
Category	Emotion	Description (optional)
Happy	Joyful	Feeling light-hearted and full of positivity.
	Excited	Feeling enthusiastic about something.
	Proud	Feeling pleased with oneself or one's achievements.
Sad	Lonely	Feeling isolated or disconnected from others.
	Disappointed	Feeling let down by an event or situation.
	Grief	Deep sorrow, especially after losing something or someone.
Angry	Frustrated	Feeling blocked or thwarted from achieving something.
	Irritated	Mild anger or annoyance.

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Category	Emotion	Description (optional)
	Resentful	Feeling bitter or holding a grudge.
Afraid	Anxious	Feeling uneasy or worried about something uncertain.
	Scared	Feeling fearful of danger, real or perceived.
	Nervous	Feeling tense, especially in anticipation of an event.
Surprised	Shocked	Overwhelmed by something unexpected.
	Startled	Momentarily frightened or surprised by a sudden occurrence
Confused	Uncertain	Feeling unclear about something or indecisive.
	Doubtful	Mild anger or annoyance.
Disgusted	Repulsed	Feeling grossed out or strongly averse to something.

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## EMOTIONAL SIGNS (THOUGHTS AND ANGRY FEELINGS)



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## TAKING DEEP BREATHS (CALMING TECHNIQUES)

### **Objective:**

To understand and practice deep breathing techniques to promote relaxation and manage stress.

### **Understanding Deep Breathing:**

Deep breathing is a simple yet powerful technique to calm the mind and body. It involves taking slow, deep breaths, which can help reduce anxiety, improve focus, and promote overall well-being.

### **Benefits of Deep Breathing:**

- Reduces stress and anxiety.
- Improves concentration and focus
- Increases feelings of calmness and relaxation
- Enhances overall emotional regulation
- Can lower heart rate and blood pressure

### **Steps for Practicing Deep Breathing:**

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## FIND A COMFORTABLE POSITION:

- Sit or lie down in a quiet place where you won't be disturbed.
- Close your eyes if you feel comfortable doing so.



## PLACE YOUR HANDS:

- Place one hand on your chest and the other on your abdomen.
- This will help you feel the movement of your breath.



## INHALE LOWLY:

- Breathe in slowly through your nose for a count of four.
- Focus on filling your lungs with air, allowing your abdomen to rise.



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## HOLD YOUR BREATH:

- Hold your breath for a count of four.



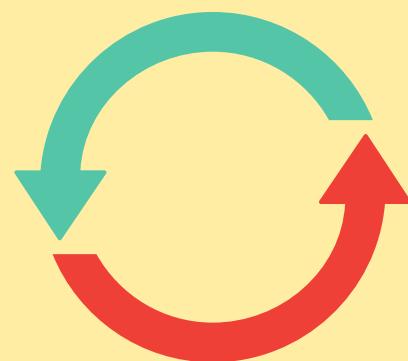
## EXHALE SLOWLY:

- Exhale slowly through your mouth for a count of six.
- Feel your abdomen lower as you release the air.



## REPEAT:

- Breathe in slowly through your nose for a count of four.
- Focus on filling your lungs with air, allowing your abdomen to rise.



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## REFLECTION QUESTIONS

- How did you feel before and after practicing deep breathing?
- What thoughts or feelings arose during the practice?
- How can you incorporate deep breathing into your daily routine?

## DAILY DEEP BREATHING PRACTICE

Date	Time	Duration (minutes)	Feelings Before	Feelings After	Notes

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## TIPS FOR EFFECTIVE PRACTICE

- Practice deep breathing when you first wake up, before bed, or during stressful moments throughout the day.
- Consider using guided meditation apps that incorporate deep breathing techniques.
- Create a calming environment with soft music or nature sounds to enhance the experience.

## CONCLUSION:

Deep breathing is a valuable skill that can significantly impact your mental and emotional well-being. With regular practice, it can become a powerful tool for managing stress and promoting calmness in your life.

## COUNTING TO TEN: PAUSE STRATEGIES

"Counting to Ten: Pause Strategies" is a simple yet effective technique used to manage emotional responses, especially during moments of stress or frustration. By pausing and counting to ten before reacting, individuals allow themselves time to regulate emotions, think more clearly, and respond thoughtfully rather than impulsively. This strategy promotes emotional control and mindfulness, aiding in better decision-making and conflict resolution.

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Step	Description	Purpose	Key Benefits
1. Awareness	Recognize when you are starting to feel overwhelmed or emotionally triggered.	Builds awareness of emotional cues and early signs of stress or frustration.	Helps prevent impulsive reactions.
2. Stop	Physically and mentally pause—don't react immediately.	Creates a buffer between the trigger and the response.	Allows time for rational thinking.
3. Breathe	Take slow, deep breaths (inhaling through the nose, exhaling through the mouth).	Regulates your heart rate and activates the parasympathetic nervous system to reduce stress.	Lowers anxiety and helps center the mind.
4. Count to 10	Silently count from 1 to 10 in your mind.	Shifts focus from the emotional trigger to a neutral, structured activity.	Disrupts impulsive reactions and refocuses attention.

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## VISUALIZATION (USING POSITIVE IMAGERY TO CALM DOWN)

- **Instructions:**

Visualization is a powerful tool that can help you calm down when you're feeling stressed or anxious. In this exercise, you will learn how to use your imagination to picture calming scenes or experiences. Follow the steps below and take time to reflect on the process. Feel free to write your thoughts and feelings after each step.

### STEP 1: FIND A COMFORTABLE SPACE:

Before you begin, make sure you are in a comfortable and quiet space where you won't be disturbed. Sit or lie down in a way that makes you feel relaxed.

- **What space did you choose?**

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## STEP 2: FOCUS ON YOUR BREATHING:

Start by closing your eyes and focusing on your breathing. Take slow, deep breaths, inhaling through your nose and exhaling through your mouth. Allow your body to relax with each breath. Spend at least 2-3 minutes focusing on your breath.?

- **How do you feel after focusing on your breath?**

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## STEP 3: CREATE A CALMING IMAGE:

Now, imagine a place that makes you feel peaceful and safe. This could be somewhere you've been before, like a beach, park, or a quiet room, or it could be an imaginary place. Try to make this image as detailed as possible.

- **What place did you imagine?**

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- **Describe it: What can you see, hear, and feel in this place?**

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## STEP 4: ADD SENSES TO YOUR IMAGERY

To make the image feel real, try to involve all your senses. Ask yourself:

- **What sounds do you hear? (e.g., waves crashing, birds singing)**
- **What do you feel on your skin? (e.g., a breeze, warmth of the sun)**
- **What do you smell? (e.g., fresh flowers, salty sea air)**
- **Is there anything you taste? (e.g., fresh fruit, cool water)**
- **Write down some of the sensory details you included in your imagery:**

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## STEP 5: STAY IN THE MOMENT:

Allow yourself to stay in this peaceful scene for as long as you need. Focus on the calm feelings this place gives you. Let go of any worries or stress. Imagine that they are floating away as you enjoy your peaceful place.

- **How long did you stay in the visualization? Did it help calm you down?**

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## STEP 6: RETURN SLOWLY:

When you feel ready, slowly bring yourself back to the present moment. Gently wiggle your fingers and toes, and open your eyes. Take a few more deep breaths.

- **How do you feel after completing this exercise?**

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## REFLECTION:

- How did using visualization help you relax?
- Can you think of other situations where using positive imagery could help you calm down?
- How do you plan to use this tool in the future when you feel stressed or anxious?

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## REMINDER:

- Visualization is a skill that gets better with practice. The more you use it, the easier it will be to calm your mind and body. Try to practice this exercise regularly, especially in moments of stress.

## ADDITIONAL NOTES:

- If you find it difficult to visualize, don't worry! You can also use guided imagery videos or audio clips to help you create a calm scene in your mind. Keep experimenting to find what works best for you.

## USING A CALM-DOWN KIT (TOOLS FOR EMOTIONAL REGULATION)

## OBJECTIVE:

- This worksheet helps children understand how to use a calm-down kit to regulate their emotions when they are feeling upset, overwhelmed, or anxious.

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## WHAT IS A CALM-DOWN KIT?

A calm-down kit is a collection of items that help you calm your mind and body when you're feeling strong emotions, like anger, frustration, or sadness. These tools can help you relax and feel better.

## STEP 1: WHAT'S IN YOUR CALM-DOWN KIT?

Let's build your kit! Check the items you want in your kit. You can also add your own ideas.

**Sensory Items** (Things you can touch or feel):

- **Stress Ball**

- **Fidget Toy**

- **Soft Blanket**

- **Playdough**

- **Slime**

**Soothing Items** (Things that make you feel safe or calm):

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- **Stuffed Animal**
- **Calming Smell (Lavender, Vanilla, etc.)**
- **Favorite Book**
- **Comforting Picture**

**Distraction Tools** (Things to help focus your mind on something else):

- **Coloring Book & Crayons**
- **Puzzle**
- **Journal**
- **Cards or Small Game**
- **Music or Headphones**

**Other:** Write down any special items you'd like in your calm-down kit:

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## STEP 1: WHAT'S IN YOUR CALM-DOWN KIT?

When you're upset, follow these steps to use your calm-down kit.

- **Recognize How You Feel:**

What emotion are you feeling? (Circle one or write your own).

- **Angry.**
- **Sad.**
- **Frustrated**
- **Worried**
- **Scared**
- **Other:**

### Choose a Tool from Your Kit

Open your calm-down kit and pick something that feels right. What item will you try first?

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- **Take a Deep Breath**

Before you use the item, take a big, slow breath in and out. Count to 5 while you breathe.

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- **Spend Time with Your Tool**

Use the item for 5-10 minutes. How do you feel now? (Circle one)

- **Calmer**
- **Still upset**
- **A little better**
- **Other**

## STEP 3: REFLECT ON YOUR EXPERIENCE

Think about what worked and what didn't work while using your calm-down kit.

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- **Did your item help you feel better?**
- Yes
- No
- A little
- **What will you try next time?**

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- **What is one thing you learned about calming down today?**

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## STEP 4: ADD TO YOUR KIT

- Now that you've tried your calm-down kit, is there anything you want to add or change? Write it down below:

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## TALKING ABOUT FEELINGS (HOW TO SHARE EMOTIONS WITHOUT EXPLODING)

- Purpose:

This worksheet is designed to help children learn how to recognize, name, and express their emotions in a healthy and calm way. It provides tools and strategies to prevent emotional outbursts and improve communication about feelings.

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## PART 1: RECOGNIZING MY EMOTIONS

- **Instructions:** Look at the faces below. Circle the ones that match how you're feeling right now. Then, write what that feeling is.

- **Happy**



- **Sad**



- **Angry**



- **Frustrated**



- **Worried**



- **Embarrassed**



- **Loved**



- **Write down how you're feeling right now:**

Example: "I feel frustrated because I couldn't play my favorite game today."

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## PART 2: WHAT HAPPENS WHEN I GET UPSET?

- **Think about the last time you were really upset. What happened? Write down what you did.**

Example: "I shouted at my friend because I was mad."

Now, let's think about your body when you feel upset. Circle the parts of your body where you notice changes:

- **Headache**
- **Stomach ache**
- **Sweating**
- **Heart racing**
- **Breathing fast**
- **Hands clenching**
- **Fists tightening**

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## PART 3: TALKING ABOUT MY FEELINGS

- **Use "I" Statements:**

Instead of blaming others when you're upset, start by saying "I feel..." and explain why.

### Examples:

- Instead of: "You made me mad!"
- Say: "I feel upset because I didn't get a turn."
- Practice with these sentences:

1. I feel \_\_\_\_\_ because \_\_\_\_\_  
2. I feel \_\_\_\_\_ when \_\_\_\_\_.

## PART 3: PART 5: MY ACTION PLAN

Next time I feel angry or upset, I will:

### Recognize my emotion and name it.

- Example: "I'm feeling frustrated."

### Use a calming strategy before reacting.

- Example: "I will count to 10."

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## Share my feelings using “I” statements.

- Example: “I feel frustrated because I can’t play outside.”

## BONUS: WHO CAN I TALK TO?

- It’s important to share your feelings with someone who can help you. Write down two people you can talk to when you feel upset:

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## HOW TO WORK THROUGH PROBLEMS WITHOUT ANGER

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Step	Description	Example	Helpful Questions
1. Take a Deep Breath	Pause and breathe deeply to calm down	Inhale for 4 counts, hold for 4, exhale for 4.	How do I feel right now?
2. Identify the Problem	Clearly state what the problem is.	"I don't like it when my friend takes my toy."	What happened? Why does it bother me?
3. Express Feelings	Share your feelings without blaming others.	"I feel sad when my toy is taken."	How does this make me feel?
4. Brainstorm Solutions	Think of possible ways to solve the problem	"We can take turns or play together."	What can we do to fix this?
5. Choose a Solution	Pick the best solution that works for everyone.	"Let's try taking turns."	What will happen if we choose this?

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Step	Description	Example	Helpful Questions
6. Evaluate Solutions	Discuss the pros and cons of each solution.	"Taking turns is fair, but it might take longer."	Which solution seems best? Why?
7. Try It Out	Implement the chosen solution and see if it works.	"We'll play with the toy together."	How did it go? Did it help?
8. Reflect and Adjust	Think about what happened and how you felt.	"I liked playing together; let's do it again!"	What did I learn? How can we improve?

## ROLE-PLAYING CONFLICT SITUATIONS

The Role-Playing Conflict Situations Chart is a valuable tool in therapeutic and educational settings, designed to enhance communication skills and conflict resolution strategies.

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Aspect	Details
Purpose	<ul style="list-style-type: none"><li>• To practice conflict resolution skills</li><li>• - To enhance empathy and understanding of different perspectives</li></ul>
Participants	<ul style="list-style-type: none"><li>• - Individuals involved in the conflict</li><li>• - Observers or facilitators</li></ul>
Preparation Steps	<ul style="list-style-type: none"><li>• - Identify the conflict scenario</li><li>• - Assign roles (e.g., protagonist, antagonist, mediator)</li><li>• - Set ground rules for the role-play</li></ul>
Conflict Scenarios	<ul style="list-style-type: none"><li>• Personal conflicts (e.g., friendships, family)</li><li>• - Professional conflicts (e.g., workplace disputes)</li><li>• - Social conflicts (e.g., community issues)</li></ul>
Execution Process	<ul style="list-style-type: none"><li>• Role Assignment: Each participant assumes a role</li><li>• Scenario Presentation: Outline the conflict situation</li><li>• Role-Play: Participants act out the scenario, practicing dialogue and conflict resolution techniques</li></ul>

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Aspect	Details
Debriefing	<ul style="list-style-type: none"><li>• Discuss feelings and thoughts during the role-play</li><li>• - Analyze the effectiveness of strategies used</li><li>• - Encourage feedback from observers</li></ul>
Learning Outcomes	<ul style="list-style-type: none"><li>• Improved communication skills</li><li>• - Enhanced problem-solving abilities</li><li>• - Greater empathy towards others' viewpoints</li></ul>
Tools & Resource	<ul style="list-style-type: none"><li>• Scripts or guidelines for scenarios</li><li>• - Feedback forms for participants</li><li>• - Video recording for analysis (optional)</li></ul>

## CHALLENGING NEGATIVE THOUGHTS (REFRAMING THOUGHTS THAT FUEL ANGER)

Name: \_\_\_\_\_

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Date: \_\_\_\_\_

- **Understanding Anger and Thoughts**

Anger is a normal feeling we all experience sometimes. Often, our thoughts can make our anger stronger. Learning to challenge and reframe these thoughts can help us feel better and manage our anger more effectively.

- **What Are Negative Thoughts?**

Negative thoughts are those that make us feel bad or angry. They often involve exaggerations or assumptions that may not be true.

## ACTIVITY 1: IDENTIFY AND CHALLENGE

### 1. Identify a Recent Situation Where You Felt Angry:

What Happened?

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What Negative Thought Did You Have?

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## 2. Evaluate Your Thought:

- Is it true? (Yes/No) \_\_\_\_\_
- Can I think of another way to look at it?

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## 3. Reframe Your Thought:

- What's a more positive or realistic thought?

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## ACTIVITY 2: THOUGHT REFRAMING SCENARIOS

- **Read the scenarios below and try to reframe the negative thoughts.**

Scenario: You studied hard for a test, but you didn't get the grade you wanted.

- **Negative Thought:** "I'm so stupid; I'll never get it right."
- **Reframed Thought:**

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- **Scenario:** A friend didn't invite you to their party.
- **Negative Thought:** "I'm so stupid; I'll never get it right."
- **Reframed Thought:**

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- **Scenario:** You lost a game at recess.
- **Negative Thought:** "I'm so stupid; I'll never get it right."
- **Reframed Thought:**

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## ACTIVITY 3: MY POSITIVE AFFIRMATIONS

**Write down some positive affirmations that you can tell yourself when you feel angry. These are statements that help you feel better.**

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