



I get wound up when ...

Physical symptoms of anger include: sweaty palms, shaking, headache, stomach ache, feeling hot, increased heart rate.

How do you feel when you get angry?

Being able to recognise when you are getting angry will help you to using calming techniques to ensure you don't hurt yourself or someone else.

How good are you at recognising anger in other people? An awareness of how anger can be expressed will help us to understand our own reactions. Which of these faces are an expression of anger?





Go ahead and be angry. You do well to be angry – but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry.

The Bible:
Ephesians chapter 4
verses 26-27 (The Message)

This is how easy I find it to calm down ...

8	7	6	5	4	3	2	1
I never calm down!	It takes me days to calm down	I finally calm down after a long time	It takes a little while, but I do calm down	I get wound up, but I can calm down	I'm chilled, and calming down is quite easy	I hardly ever get wound up and I easily forgive and forget	Nothing winds me up!

The last time I was wound up I calmed down by ...



Calming Down

It's important that we release our anger or frustration in appropriate ways, that won't hurt ourselves or others. Think about:

- Hitting / Kicking a ball
- Running or jumping
- Kicking or punching a cushion
- Shouting or screaming
- Stretching
- Being quiet
- Talking with someone

The next time you get angry or frustrated, what will you try and do to release your feelings?