

Use these 13 worksheets to help students understand their own anger and how they can respond to the anger of others.



Perfect For...

- Anger management lessons or small groups
- As a supplement to other anger management activities, books or videos
- With students who could benefit from identifying and coping with their anger

2 Reflection Worksheets

Name: _____

All About My Anger

The more you know about your anger, the easier it is to make a plan to better control it! Respond to the prompts below to help you learn about your anger.

Name: _____

My Anger Plan

Having a plan for how you will handle your anger is important! It can help you keep your anger under control, and help you to make better choices!

All the time Most of the time

I mad

All the time Most of the time

When I get angry

All the time Most of the time

3 things that might make me mad are:

1. _____

2. _____

3. _____

I can r

All the time Most of the time

Can I avoid these things? If so, how?

When I get angry

All the time Most of the time

I kn

All the time Most of the time

How do I know I'm starting to get mad?

I can name t

All the time Most of the time

When I start to get mad, I can talk to:

I know ho

All the time Most of the time

If I am at school, I can calm down by:

If I am at home, I can calm down by:

Students will complete a survey about how they experience anger to help them better understand their feelings.


Students will create their own anger plan to help them control their anger and make better choices!

2 Coping Skills Worksheets

Name: _____

Identifying Coping Skills

In each of the 6 pieces of the wheel, draw or write about ways that you can calm down when you get angry. You can cut out the wheel and put it in a visible place as a constant reminder of positive ways



Name: _____

My Coping Skills

There are so many ways to cope with your anger! It is important to have many different coping skills that work for you. Remember that what works for one person may not work for another. Think about which strategies will help YOU to stay calm and make good choices! Place check marks in the boxes that apply.

Coping Skill	Will work at school:	Will work at home:	I don't think this will help:
Taking 5 deep breaths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talking to an adult I trust	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Going to a quiet place	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Writing, journaling or coloring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Doing yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Telling myself something positive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting a drink of water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pressing down on my seat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thinking about something that makes me happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pressing my hands together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Students will consider which coping skills will work for them and create a plan to use them!

2 Understanding The Feelings Of Others Worksheets

Name: _____




What Anger Looks Like On Others!

Different people show physical signs of anger in different ways!
Use this page to describe or draw pictures of how anger might look on other people.

Name: _____

Identifying What Triggers Others

In each of the boxes below, write or draw about one thing that may make someone else angry. Use the lines to write about how you can avoid these triggers.

How Their Eyes		I can avoid triggering others by: _____ _____ _____
How Their Hair		I can avoid triggering others by: _____ _____ _____
How Their Mouth		I can avoid triggering others by: _____ _____ _____

Students will learn to identify anger in others and consider how to respond appropriately.

2 “When Others Are Angry” Cut & Paste Activities

Name: _____

What To Say When Others Are Angry

When we know that other people are angry, we can use our words to help them. In this activity, you will decide which things are helpful to say, and which things aren't. Cut out the words/sayings and sort them into the correct box on the previous page.

Name: _____

What To Do When Others Are Angry

When we know that other people are angry, we can use our actions to help them. In this activity, you will decide which things are helpful to do, and which things aren't. Cut out the words/sayings and sort them into the correct box on the previous page.

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“Why are you acting crazy?”	“It's okay to feel mad. I feel mad sometimes too.”	“It's not a big deal. I don't understand why you are mad.”
“You have anger issues.”	“You're a baby. You get mad about anything.”	“What can I do to help you?”
“I understand that you are mad.”	“Would you like to talk about it?”	“I hate it when you get mad.”
“Do you want me to help you find an adult you can talk to?”	“Just get over it.”	“I'm sorry that you are feeling upset.”

Things I Can Do When Others Are Angry

Things I Should Not Do When Others Are Angry

Tips & Tricks

- Use a soft, calm voice.
- If the person doesn't want to talk, respect that.
- Talk to an adult if you are not sure how to handle it.
 - Think about how you like to be spoken to when you are angry.
 - Only talk when you are allowed to talk.

Students will identify things that are okay, and not okay to say and do when others are angry.

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Includes Google Slides

All materials are included in Google Slides. This is great for remote learning or if you are looking to incorporate technology into your lessons!

Name:

Levels Of Anger: How I Look And Feel

Anger is a normal feeling. Everyone feels angry and everyone experiences different levels of anger. Some things make us feel a little annoyed, and some things make us feel like we want to explode! Use the chart below, and think about your own levels of anger. Write about how you look and feel at each level.

5	I am ready to explode. I am not safe.	How I Look & Feel At This Level: <input type="text"/>
4	I am starting to lose control. I need to calm down immediately.	How I Look & Feel At This Level: <input type="text"/>
3	I am angry. I am still in control but am not happy.	How I Look & Feel At This Level: <input type="text"/>
2	I feel annoyed, or a little bit frustrated, but I am in control.	How I Look & Feel At This Level: <input type="text"/>
1	I feel calm, focused, and content.	How I Look & Feel At This Level: <input type="text"/>

Name:

Identifying Coping Skills

In each box, write about ways that you can calm down when you get angry. You can also find images from the internet that represent each coping skill and paste them into the boxes. When you are finished, you can print out this page and hang it up somewhere in your room or house.

Coping Skill #1	Coping Skill #2
When I get angry, I can... <input type="text"/>	When I get angry, I can... <input type="text"/>
Coping Skill #3	Coping Skill #4
When I get angry, I can... <input type="text"/>	When I get angry, I can... <input type="text"/>
Coping Skill #5	Coping Skill #6
When I get angry, I can... <input type="text"/>	When I get angry, I can... <input type="text"/>

WHAT PEOPLE ARE SAYING...

“Simple and easy to use resource; great way to get kiddos talking about anger!”

– Stephanie L.

“I love using these in groups and to have on hand when meeting with students individually :)”

– Caitlin P.

“Used these during counseling. Simple and easy to use! Definitely a great resource I'll continue using!”

– Giovanni I.

Teaching About Anger Management? Bundle & Save!



These worksheets are a part of a bundle of 11 resources focused on helping students with anger management. The bundle includes small groups, worksheets, activities, games and more designed for students in grades K-5.

SEE THE BUNDLE HERE