Help your students learn to recognize their anger by identifying their anger warning signs!



Perfect For:

- Anger management lessons or small groups
- Coping skills lessons or small groups
- Students who can identify anger coping skills, but struggle to use them
- Students who could benefit from increased awareness of their feelings
- Students who struggle with impulse control
- Students who have ADHD

Includes a cut and paste activity!



Students will choose from 20 pre-populated anger warning signs, or write in their own.

They will then paste their warning signs onto the "Warning! Anger Ahead!" sign.

Understanding My Anger Warning Signs			
When we are trying to control our maper, it is very important for us to know that we are feeling angry! Thankfully, our bodies give us a flot of warning signs to let us know that we are getting angry so we can do something about it and calm down. However, sometimes we may not notice these warning signs, and then we are not able to calm down in time and end up making poor choices.			
Listed below are many examples of anger warning signs. Remember, though, that everyone's bodies are different and each person has different warning signs for the warning signs listed below and decide which ones are your warning signs. Cut out the warning signs for about 10 you and gluefage them onto the "Anger Ahead" warning sign. Hang the sign in a place that you will see it so you can get more familiar with your warning signs and begin to notice them when you get engry! Use the four blank spaces to write your own warning signs!			
My body feels hot.	I cross my arms.	I call people names.	I throw things.
My body starts to shake.	I look down.	I scream loudly	I hit, kick or push
My heart beats fast.	I clench my fists.	I say "leave me alone."	I refuse to follow directions.
My body feels tense. I	My face furns red.	I don't say anything.	I run away from the situation.
I breathe heavily.	I cry.	I speak fast.	I try to hide.



Includes an anger management positive reinforcement card!

Students can earn positive reinforcement for being able to recognize their anger before it gets out of control!

Follow Up Activities:

Use the following activities to help your students further explore the idea of recognizing their anger.

Recognizing Anger Reinforcement Cards: Use the cards provided on page 8 to help provide po

teachers/parents

is dealt out evenly

down, and then one

Discussion Points For The Instructor

Use the following discussion points to guide conversation before, during or after the activity

- I. What are some places in our community that you have seen warning signs? What are these warning signs trying to tell you?
- 2. What happens if we listen to these warning signs? What happens if we ignore them?
- 3. Our bodies are really great, and give us warning signs about things that are going on in our bodies. What are some warning signs that you might be sick? Tired? Hungry? Why do you think our body gives us these warning signs?
- 4. What happens if we listen to these warning signs? What happens if we ignore them?
- 5 Our body also gives us warning signs that our body is getting angry. These can be things we say, things we do, how our bodies look, or how our bodies feel. Why do you think our body gives us these warning signs?
- What happens if we listen to these warning signs? What happens if we ignore them?
- 7. Everyone has different anger warning signs. What are some of yours?
 8. How would your behavior be better if you were more aware of your warning signs and listened to them?

ussel of Chelsey

Includes 8 discussion questions to help guide the activity, and 3 ideas for follow up activities!