



Really mad

Angry

Annoyed

Irritated

Niggled

Calm

Sometimes when we get angry we can feel like a volcano. We get more and more angry inside, until eventually our anger erupts!

It is normal to feel angry sometimes- especially when we are not being treated fairly.

When anger erupts we may end up doing something that is not ok- for example hurting someone, hurting ourselves or breaking something.

No matter how angry somebody is, it is not ok to take it out on other people.

If somebody feels like they are going to erupt, how can they let their anger out without hurting anyone else, without hurting themselves and without breaking anything?

How far up the volcano would your anger be if -

- 👉 You couldn't find your favourite toy?
- 👉 You could hear a tap dripping when you were trying to get to sleep?
- 👉 Somebody hurt someone in your family?
- 👉 You dropped your lunch all over the floor?
- 👉 You got in trouble for something that was not your fault?

Think of some things that you can do to cool down
if you are starting to feel like an angry volcano.