

Signs of anger activity (KS1-2)

When children feel angry or upset, they will likely feel lots of sensations in their bodies and have lots of thoughts which can be quite confusing for them. Helping children to recognise their own anger signs is important so that they can spot them in the future and start to use coping strategies when they feel themselves becoming dysregulated.

It can also be useful for teaching staff to know and recognise these signs so that they can offer support when they spot children becoming dysregulated.

Below are two different versions of the same activity, one cutting/sticking and one written. These can be completed one to one with a child or get everyone in the class involved.

My anger signs

Name _____

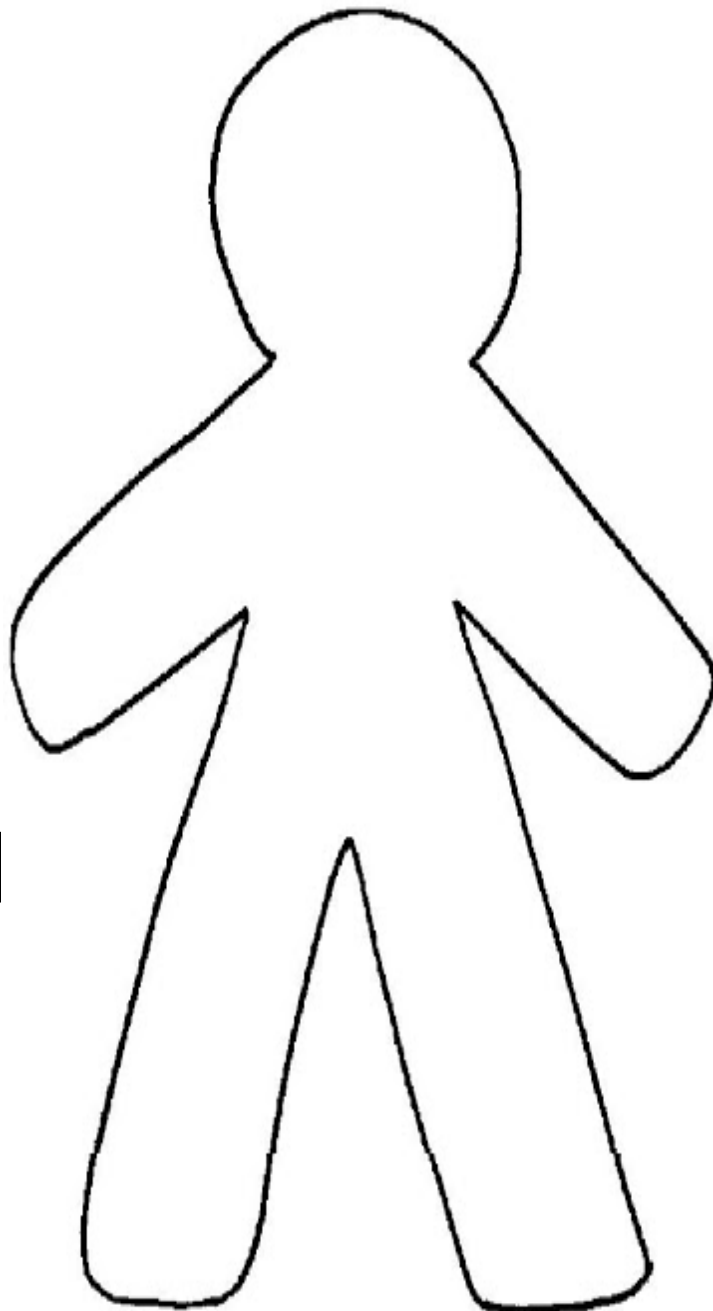
Everyone feels and does different things when they are getting angry. Choose and cut out your anger signs and stick them on the diagram.

Finding your anger signs helps you spot them when they start happening. Your teacher will show you ways that you can keep calm.

Head

Body

Hands and feet



Anger signs table (KS1)

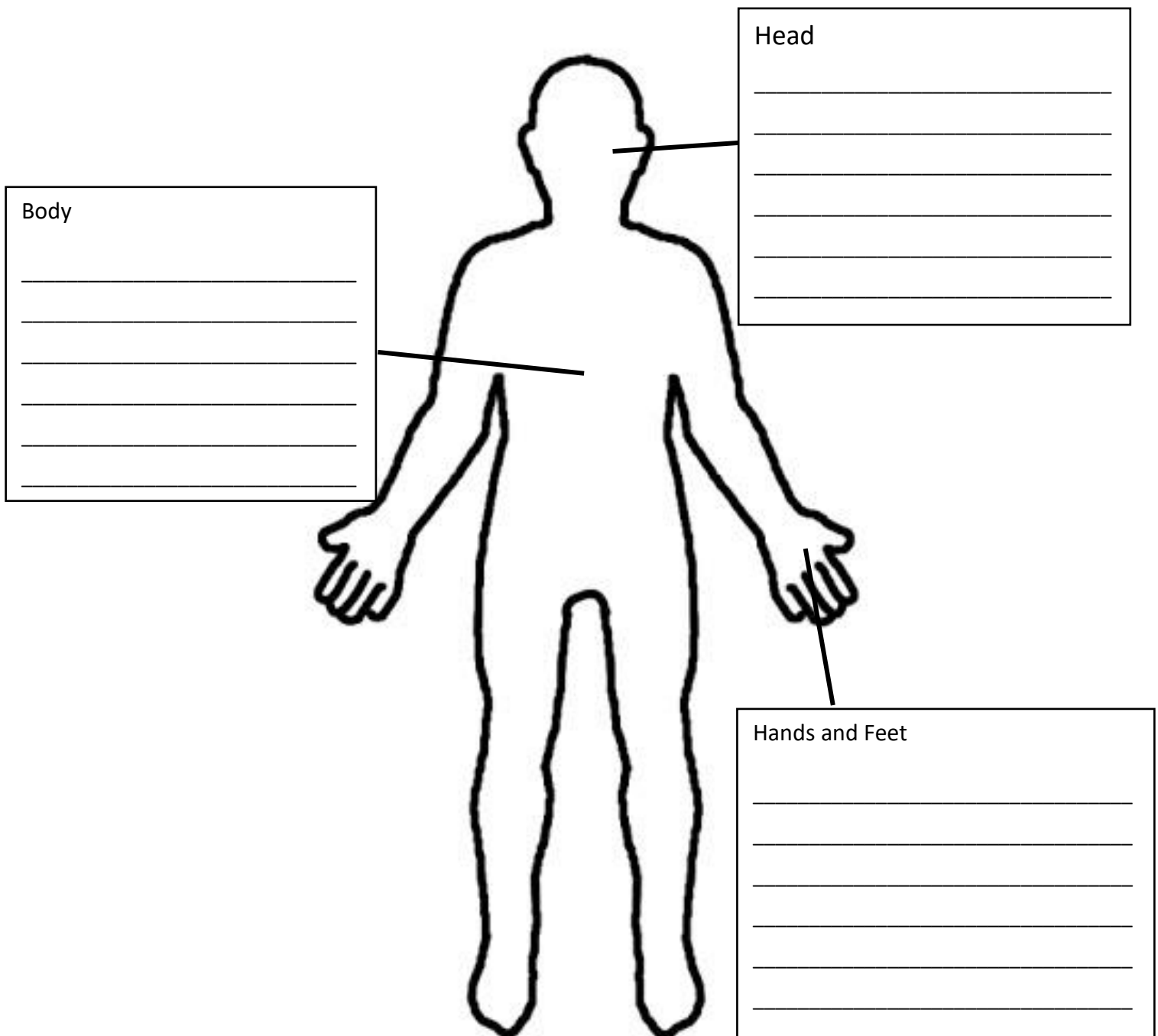
Head	Body	Hands and feet
Crying	Sore tummy	Kicking/hitting
Sore head	Heart beating fast	Clench hands
Shouting/screaming	Get very warm	Hurting self
Face gets hot	Breathing fast	Throw things

My anger signs

Name _____

Everyone feels and does different things when they are getting angry. Look at the table to help you fill out the diagram below.

It is important to identify your anger signs, as it helps you spot them in the future. Your teacher can support you in finding positive ways to deal with these feelings of anger when you notice these signs.



The diagram features a central human silhouette. Three callout boxes are connected to the silhouette by lines:

- Head:** A box on the right side of the head with the label "Head" and five horizontal lines for notes.
- Body:** A box on the left side of the torso with the label "Body" and five horizontal lines for notes.
- Hands and Feet:** A box on the right side of the hands with the label "Hands and Feet" and five horizontal lines for notes.

Anger signs table

Head	Body	Hands and Feet
Mind goes blank	Body shakes	Throw things
Use unkind words	Start sweating	Lash out
Go very quiet	Heavy or fast breathing	Become aggressive
Scream, shout or raise voice	Feel sick	Clench fists
Crying	Feel very hot	Hands shaking
Face turns red	Heart racing	Kick things
Headache		Hurting self
Can't stop thinking about the problem		