

Anger reflection game

Take it in turns to roll the dice and tick off the ones you complete for each roll.
The first person to complete a box wins!

Top 3!



- Top 3 anger triggers
- Top 3 ways to get calm
- Top 3 anger synonyms
- Top 3 signs you are feeling angry
- Top 3 healthy ways to relate to anger

Complete it!



- When I start to feel angry my body...
- What helps me when I feel angry is...
- Anger looks like...
- When I feel angry at school...
- When I feel angry at home...

True or False!



- It's okay to feel angry
- Other people control whether or not you get angry
- It's a good idea to blame and/or make accusations when you feel angry
- It's okay to hurt someone when you feel angry
- It's healthy to say whatever you are thinking when you feel angry

What If!



- What if you were feeling angry, what is your favourite way to release tension?
- What if you were feeling angry at home, where could you go to take a break?
- What if anger was a colour, what colour would it be?
- What if you were feeling angry at school, where could you go to cool off?
- What if you acted out on your anger all the time, how might it impact your relationships?



Risk!

- What do you look like when you feel angry? Show us!
- Taking slow, mindful breaths can help us cool off when we feel angry. Practice taking 10 slow, mindful breaths.
- What are 3 different stretches you can do when you feel tension from anger? Try them!
- If anger could talk, what might it say?

You just...



- You just got really mad, who could you turn to and ask for support or help?
- You just got really angry and feel like you want to break something, what could you do instead?
- You just said something hurtful to your friend out of anger, how could you make repairs?
- You just calmed your body and mind after you felt angry, what did you do?
- You just felt angry and told someone what you needed, what was it?