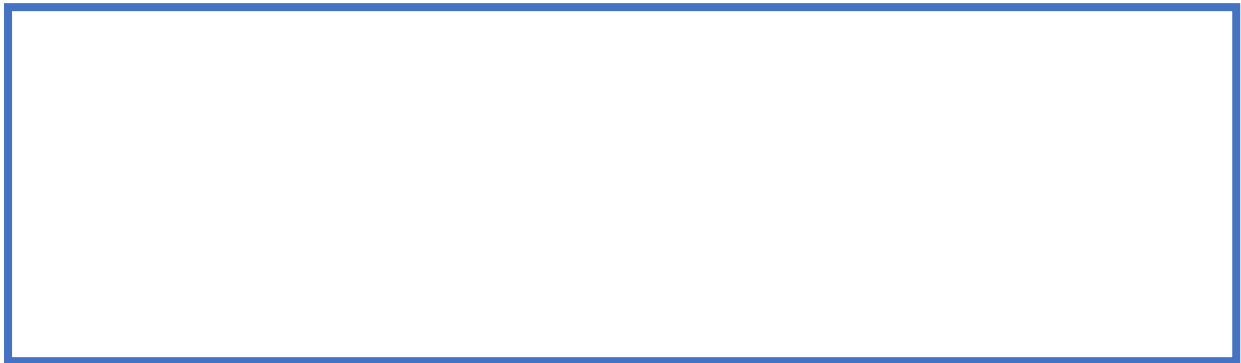


Anger Management for Children

Anger Stop Signs

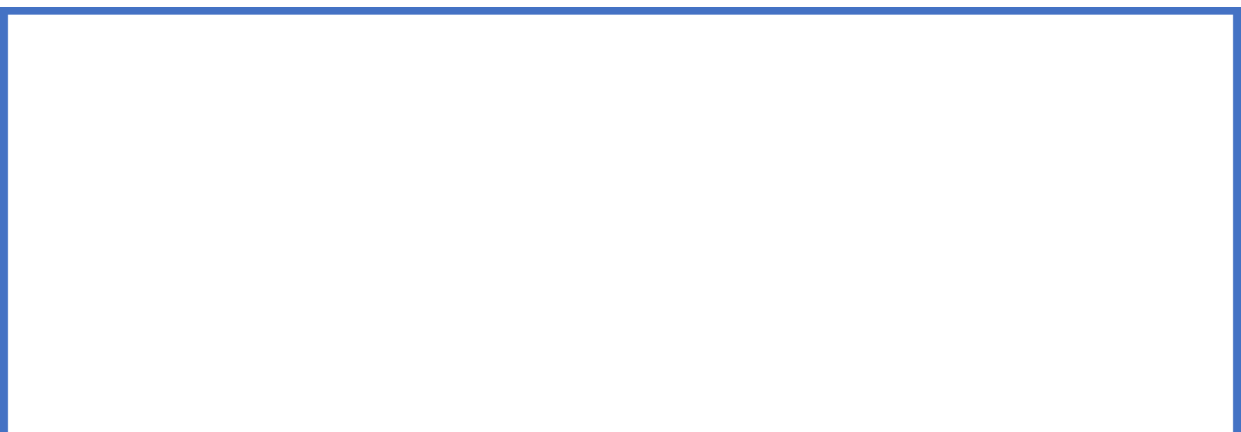
Anger starts out small and slowly grows. When your anger is small, you might not even notice it. This is when you are just starting to feel upset about something, but it still doesn't feel like a big deal. Someone at this point might say, "I feel annoyed."

Draw what your anger might look like when its *small*. This is when you are just a little bit angry.



If your anger has had a chance to grow too big, it becomes a bit hard to control. Its like a car without brakes, crashing through everything in its path. Its very hard to stop. Someone who's this angry might yell, hit, cry or try to break things.

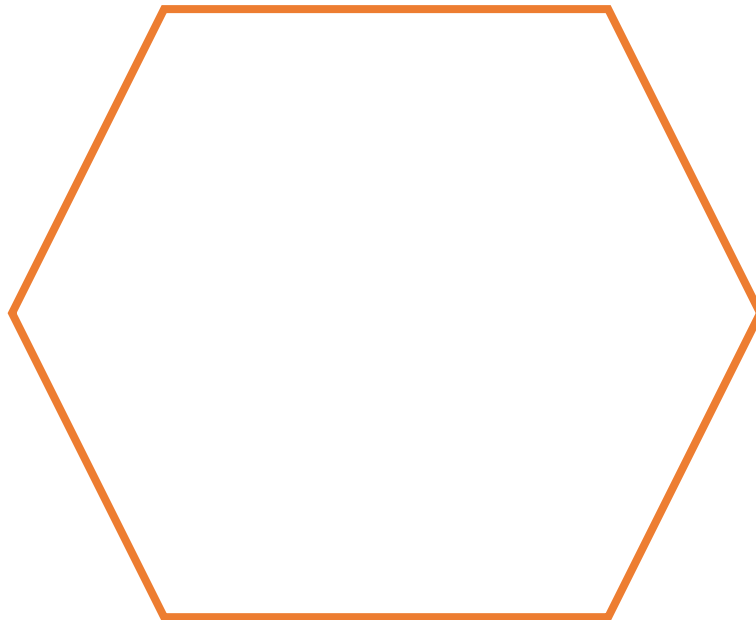
Draw what you look like when your anger is **big**. This is when you are very angry.



Anger stop signs are clues that your body uses to let you know that your anger is growing.

These clues start to appear while your anger is still small. If you notice them in time, you can hit the brakes and take control of your anger before it grows too big.

Everyone has their own anger stop signs. Its important to learn what yours are, so you can spot them in the future. Write your Anger Stop Signs in the space below:



Common Anger Stop Signs

My face feels hot

I feel annoyed

I go quiet

I raise my voice

I cant think straight

I try to bother people

I start to shake

I want to hit something

My eyes get watery