

TS 1

Would it make you see red?

Someone pushing in front of you in a queue?

What if.....

1. the person is someone you really don't like
2. the person pushing in is your friend who wants to join you in the queue

Someone using your things without asking?

What if.....

1. they returned them with a note explaining that they'd need them urgently and bought you a present for helping out?
2. They kept on returning the things broken?

Looking forward to a special treat then at the last minute Mum says you can't go?

What if....

1. your sister says it's because she told Mum you'd been mean to her
2. your Mum explains that it's because Gran's been rushed to hospital

You're trying to do your best work but someone keeps talking to you

















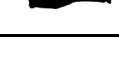
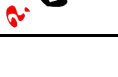
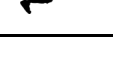

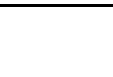
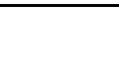
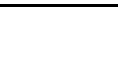
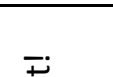
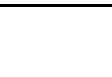



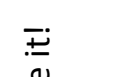

What if.....

1. you're feeling a bit sad but they keep trying to cheer you up
2. you're on your last warning from the teacher about this work

Your Mum and Dad have a huge argument and say they might split up so you talk to your friend but they tell other people

What if.....

1. they only tell a teacher at school because they're trying to help
2. when you get near a group of friends they burst out laughing

 W alk away	 A sk for help	 T ake time	 E nergy - use it!	 R elax
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<p>These people can help me:</p>	<p>These people can help me:</p>	<p>These people can help me:</p>	<p>These people can help me:</p>	<p>These people can help me:</p>
<p>These people can help me:</p>	<p>These people can help me:</p>	<p>These people can help me:</p>	<p>These people can help me:</p>	<p>These people can help me:</p>

TS 4

Anger Word Search

S	T	F	D	S	E	E	T	H	I	N	G	E	C	V
W	X	U	R	S	G	P	T	C	R	A	M	A	N	S
A	V	R	A	G	I	N	G	G	R	S	E	D	I	I
I	V	I	R	A	T	E	F	N	I	O	C	P	G	H
R	I	O	G	F	N	U	V	G	T	X	S	X	G	T
A	O	U	L	C	S	N	X	W	A	Y	W	S	L	F
E	L	S	F	H	E	L	O	P	B	W	T	U	Y	R
T	E	W	S	F	G	N	D	Y	L	M	E	L	C	T
I	N	C	E	N	S	E	D	O	E	W	A	R	T	E
N	T	O	S	Y	A	V	E	X	E	D	O	J	L	N
C	P	L	A	D	A	U	H	E	U	H	T	I	O	S
P	E	E	V	E	D	N	I	R	E	P	T	N	I	C
C	M	E	C	R	G	H	G	L	D	S	M	S	P	A
C	R	A	N	K	Y	T	A	R	O	M	U	C	L	T
R	Y	T	O	T	O	U	C	H	Y	C	P	L	T	S

Solution to the Word Search

TS 5

Signs of anger in oneself

Fast heartbeat

Stomach churning

Feeling panicky

Sweaty palms

Loss of interest in surroundings/ focus on situation

Feeling that I'm not in control

Hot

Needing the loo

Fingers clench into a fist

Jaw tenses up

Sharp intake of breath

Heavy breathing

TS 6 - How to cool down again

Have a cool drink

Think of a calm
place

Go for a run

Listen to some
music

If I blow my top I can do this
to cool down again....

Talk to a friend

Run my hands
under cold water

Have a rest

Be on my own

TS 7

Signs of anger in other people

Loud voice/shouting

Pursed mouth

White face

Frowning

Shaking

Pointing

High pitched voice

Table thumping

Staring

Sucking in air sharply

Wagging finger

Saying GRRR

Stamping feet

Screaming

Leaning forward

Beating fist in other hand

Muttering

Flared nostrils

Pacing

Stiff arms

Waving fist

Clenched teeth

Sweating

Clenched hands

Encroaching on other person's
space

Ways to show you're sorry

Tell a friend
and ask them
to help

Give them a
present

Tell them to
their face

Tell someone
else to tell
them

Email an
apology

Phone
them

Send a text