



# Let's Meet Anger

ACTIVITY BOOK

<https://BefriendFeelings.com>





## DOODLE IT

Draw and color your anger the way it feels to you.



## ANGER GAMES

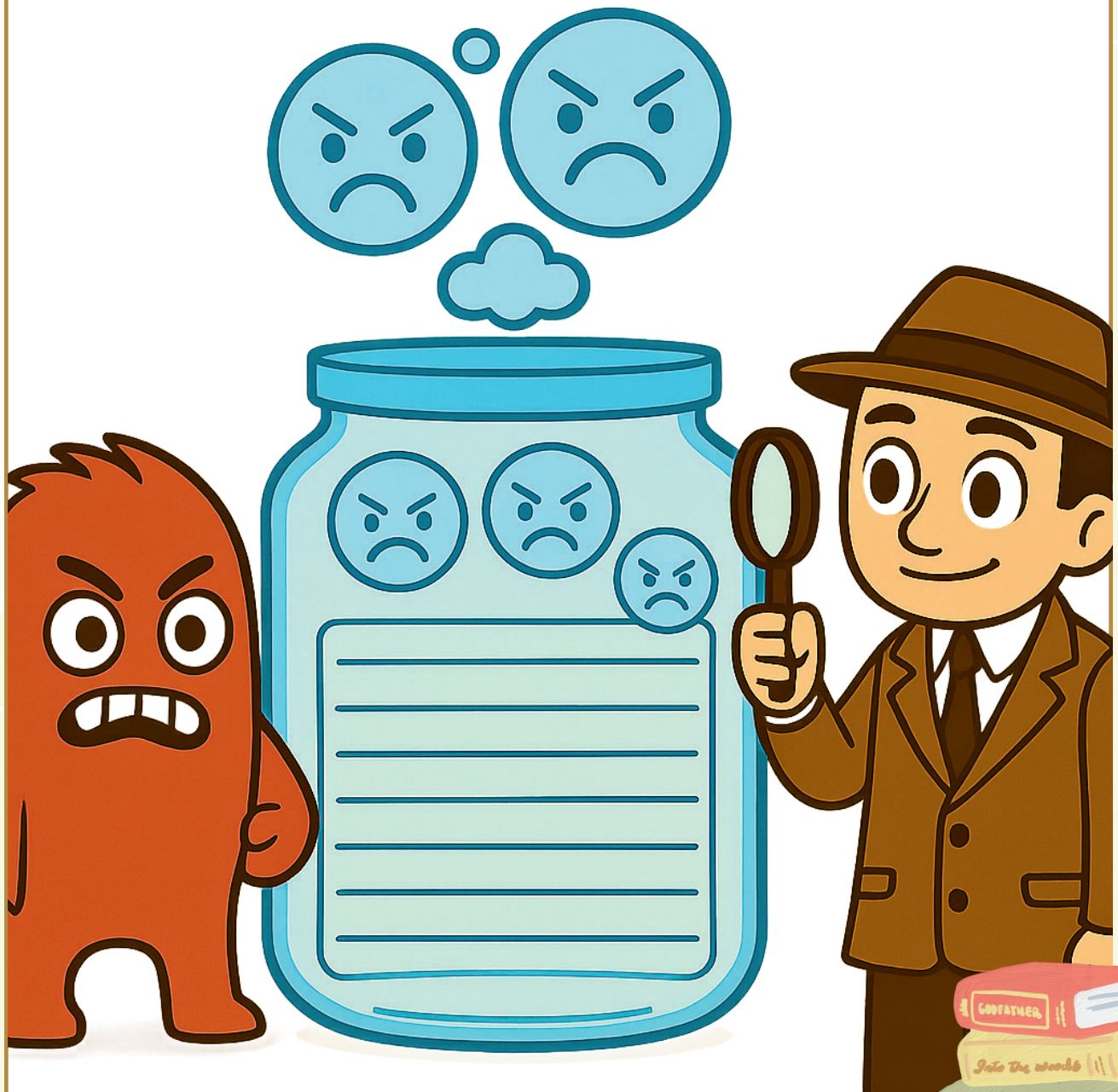
Choose 3 games to play when anger visits.



- Take a deep breath.
- Blame someone else
- Count from 1-10
- Hurt the person you're angry with
- Write down your cranky thoughts
- Yell until everyone listens

## THOUGHT DETECTIVE GAME

Become a Thought Detective and write your cranky thoughts in the jar.



## CALM OR CRANKY?

Ryan is having lots of thoughts. Can you be a thought detective and figure out which ones are helpful and which ones are cranky?

- I can handle everything.
- Everything will be OK.
- It's the worst day ever.
- I am so mad at Elsa.
- It's OK. Anyone can make mistakes.



# SECRET CRANKY CLUB

Write 3 things you will take to your Secret Cranky Club.

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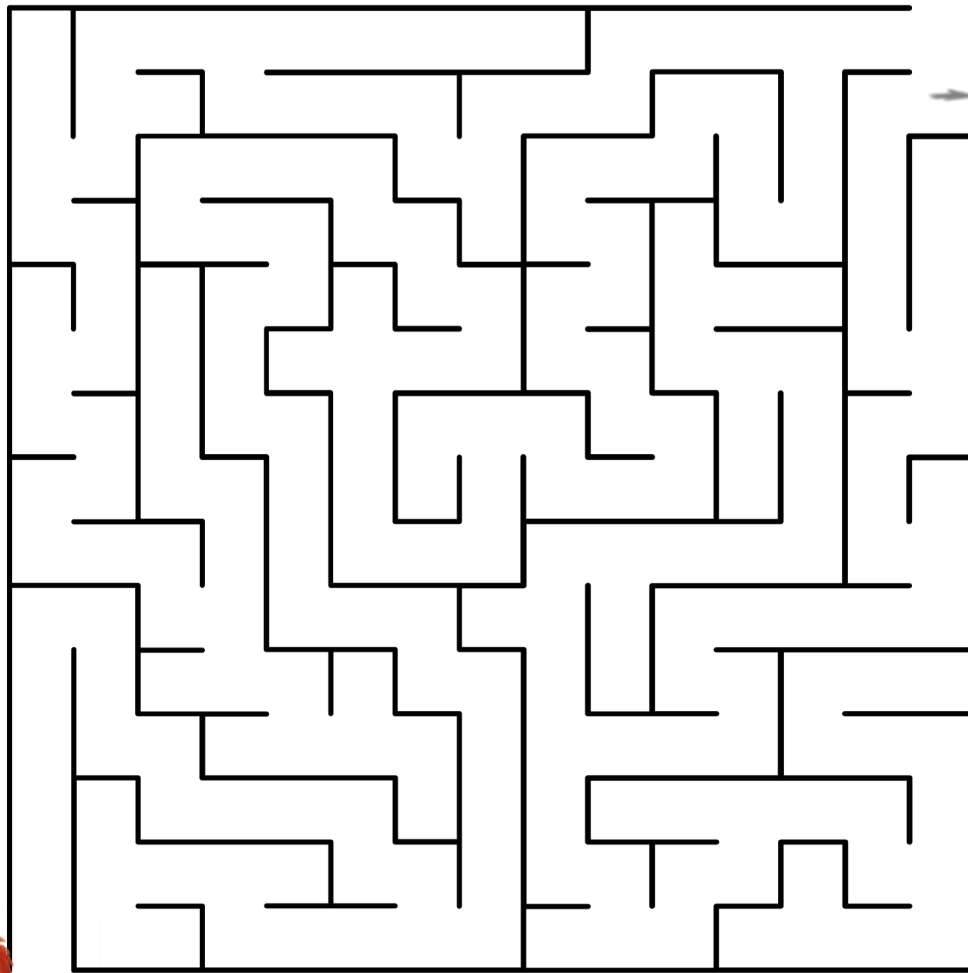
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## CALM DOWN MAZE

Help Ryan make his way to Anger. Trace a path to the maze down.



## SUPER THOUGHTS

Fill in your Super Thoughts.

I am \_\_\_\_\_

I can \_\_\_\_\_

I have \_\_\_\_\_



## SUPER THOUGHTS

Your Super Thoughts give you powers to handle anything!  
Find and circle these super thoughts:

Brave      Calm      Happy      Loveable  
Powerful   Kind      Strong      Thankful



## SECRET CRANKY CLUB

This is a messy bedroom scene. Find and circle the objects that make you feel calm.



## MATCH EMOTIONS

Draw a line from each feeling to the word that matches it.

Excited



Happy



Sad



Angry



## PLAY HIDE & SEEK

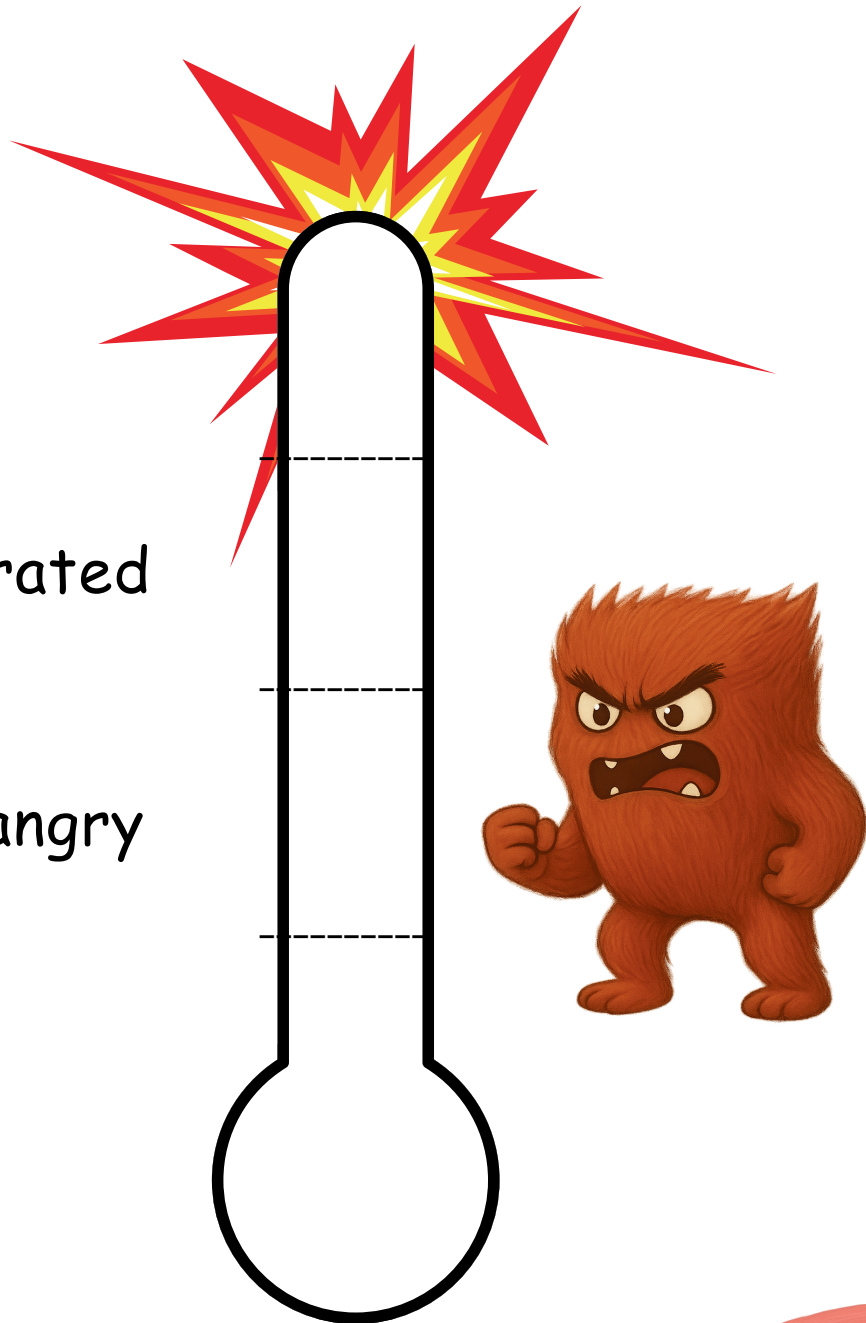
Find where anger is hiding. Clues: clenched fists, flushed cheeks, a frown or tight shoulders.



## ANGER THERMOMETER

Color the thermometer to show how big anger feels. Refer the color codes to set your anger level.

- Calm
- Frustrated
- Mad
- Very angry



# SECRET CRANKY CLUB MAZE

Guide Ryan and Elsa to the Secret Cranky Club Door.





## BEFRIENDS FEELING BADGE

Well done on meeting and befriending your anger! Colour your badge as you wish and cut it out.

