

How To Complete ANGER FLAMES AND COOL DOWN RAINDROPS ACTIVITY

PURPOSE

An activity to identify the anger fire flames, in the fire flames note down different reasons for feeling angry "I feel angry when.....". In the cool down raindrops, write do all the different ways of cooling down the angry feeling.

YOU WILL NEED:



Worksheets



Anger flames and
cool down raindrops



Scissors



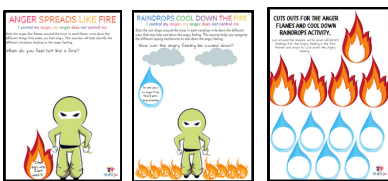
Glue stick



Writing
materials

INSTRUCTIONS:

Step 1: Print all worksheets



Step 2: 

Use scissors to cut around
the anger flames and
raindrops

Step 3:  

Complete the anger flames and stick onto the anger flames
worksheet. Repeat with the cool down raindrops.

ANGER SPREADS LIKE FIRE

I control my anger, my anger does not control me.

Stick the anger fire flames around the ninja. In each flame, write down the different things that make you feel angry. This exercise will help identify the different situations leading to the angry feeling.

When do you feel hot like a fire?

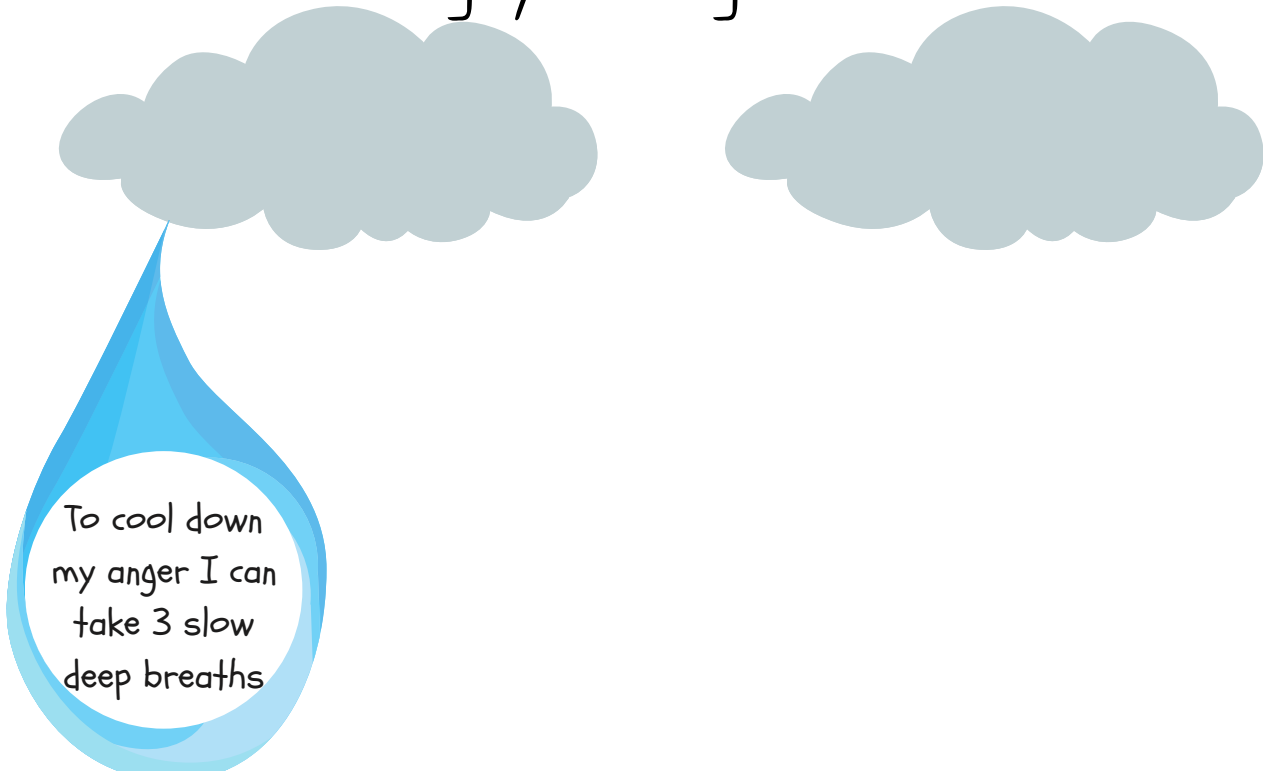


RAINDROPS COOL DOWN THE FIRE

I control my anger, my anger does not control me.

Stick the rain drops around the ninja. In each raindrop write down the different ways that may help cool down the angry feeling. This exercise helps you recognize the different coping mechanisms to cool down the angry feeling.

How can the angry feeling be cooled down?



CUTS OUT FOR THE ANGER FLAMES AND COOL DOWN RAINDROPS ACTIVITY.

Cut around the shapes, write down different feelings for the angry feeling in the fire flames and ways to cool down the angry feeling.

