

Parent to Parent Back from Lockdown Toolkit



A collection of Ideas & Strategies to support parents and young people to get back to School After Lockdown

Anger



In response to our successful 'Returning to School After Lockdown 'survey which was sent out to Young People and their families, we have

sourced and collated a selection of printable worksheets and activities to help support some of the young people's biggest concerns and to encourage the young people to plan and set themselves goals for their return to school. Thank you to each and every one for sharing their thoughts and worries with us.

All these resources are available from the links to the organisation that has developed them on the bottom of each page. Or can be sourced through a 'google search'. Please use what you need from this resource to help you and your young person work towards feeling more confident and prepared for returning to school.



Anger

Here's a collection of tools, tips, worksheets & activities to help children and young people to understand & manage their anger in safe and healthy ways. If you are looking for some quick & safe actions to help express your anger try these:



Rip paper

Pop bubble wrap

Squish playdough

Wrap your arms around yourself and squeeze

Write a letter to someone

Jump on a trampoline

Do wall push-ups

Write down what's bothering you and rip it up

Squeeze a stress ball

Talk about it

Scribble on paper and crumple it up

Do jumping jacks

Put the palms of your hands together, push and release

Do stretches







teacherspayteachers.com

ANGER LADDER CHART

The different levels of anger

Feeling	How it feels
Furious	Mind: My mind is completely angry. I need to express it! I may say or do something that can hurt myself or others. Body: My entire body feels hot. I may yell, scream, cry or use my body to express my anger.
Angry	Mind: I feel very uncomfortable, like it is painful. It is hard to think clearly. I want to express how I feel. Body: My heart is beating fast. My jaw is tense and my fist are clenched.
Frustrated	Mind: I am not getting what I want. I feel uncomfortable. If I am trying to do something, I feel like giving up. Body: My face and body is getting hot. My body shows I am frustrated.
Upset	Mind: I am really not happy about something. I may also feel disappointed and sad. Body: My face and tone shows I am upset. My body is no longer calm.
Annoyed	Mind: Something is bothering me. I can become more angry if it doesn't stop. Body: My face feels warm, my tone has changed.
Calm	I feel calm and relaxed.

ANGER LADDER ACTIVITY

The different levels of anger



ANGER COPING WORD SEARCH

USE THIS WORD SEARCH TO FIND HEALTHY WAYS OF COPING WHEN YOU BECOME ANGRY!



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

COLOR

COUNT TO TEN

DEEP BREATHING

DRAW

GO FOR A WALK

I-FEEL MESSAGE

LAUGH

MUSIC

TALK TO A FRIEND

READ A BOOK

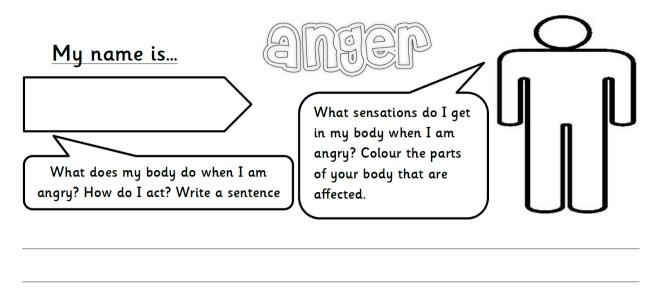
WALK AWAY

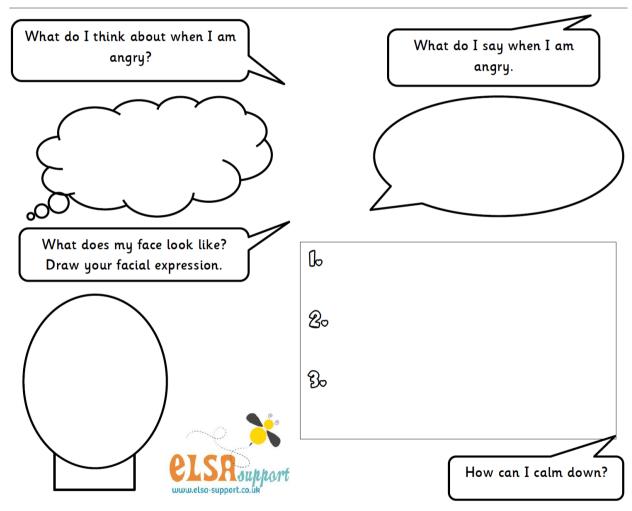
WATCH TV



My Feelings/My Needs What do you need others to say or do when you feel mad, sad, and scared? When I feel MAD, I need you to When I feel SAD, I need you to When I feel SCARED, I need you to © 2018 Mylemarks LLC. All Rights Reserved. For more resources, visit www.mylemarks.coml

Temper-ature		Nome
\bigcirc	E	Using the thermometer, color the thermometer in red to show how you feel when nobody wants to play with you.
	2.	List 3 feeling words to show how you feel.
		5
		\$ X X
<u> </u>	3.	Identify 3 things you could do that would
		make you feel better.
		50 10 10
J (@)		
P. http://www.worksheetplace.com		





How Anger Feels

Describe how different parts of your boday feel when you get mad, then write three ways you can clam down you're mad.



My eyes feel:

My ears feel:

My mouth feels:

My face feels:

My belly feels:

My hand feels:

My feet feels:

When i get mad, i will....

1.

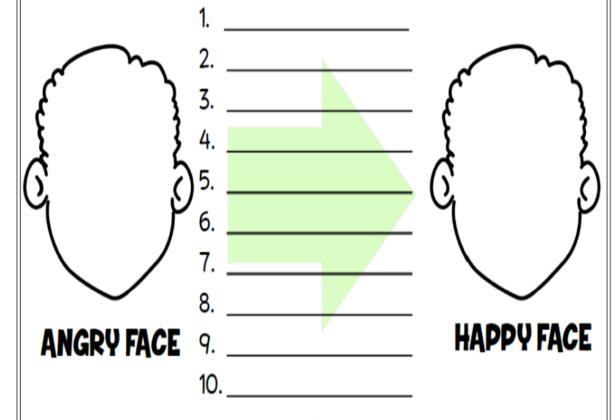
2.

3.



Angry to Happy

Draw an angry face. Can you name 10 coping skills to help your angry face feel happy?





COPING SKILLS ASS	ESS	SME	NT	
Color in how often you use each of these positive or with your feelings!	r negati	ve copir	ig skills to	cope
	ALWAYS	SOMETIME	NEVER	
USE MY WORDS TO HURT OTHER PEOPLE'S FEELINGS				
TAKE A "TIME-OUT" FROM THE SITUATION				
USE MY BODY TO HURT OTHERS (HIT, BITE, KICK, PUSH)				
YELL AND SCREAM	$\overline{\bigcirc}$			rved.
DO DEEP BREATHING OR COUNT TO TEN				© 20th Hydernaths LLC. All Rights Reserved. For more reconcost, viet www.mylemaths.com
MAKE THREATS OR LOOK THREATENING				andrie U.C.
TALK TO A FRIEND OR SIBLING ABOUT MY FEELINGS				6 20 th Hydr
TALK TO AN ADULT ABOUT MY FEELINGS				2
NAME-CALL OR INSULT OTHERS				
HURT MYSELF				E
EXPRESS MY FEELINGS IN A POSITIVE WAY				
FIND SOMETHING TO DISTRACT ME				
THROW OBJECTS				
CRY				
USE BAD WORDS OR SWEAR/CUSS				

I can calm down by



Counting slowly up to 10



Talking to a friend or an adult



Reading a book



Colouring a picture



Playing with a quiet toy or game



Singing a song



Thinking in a quiet place

Let's Think Posters., Owww.theplaydoctors.co.uk 2015 % 01234 3914 Widgit Symbols O Widgit Software 2002-2015 www.widgit.com

Anger Triggers



An anger trigger is something that happens to make you feel irritated, frustrated, or mad. Go through this list and, on a scale of 1-10, identify how angry each of the triggers makes you feel.

0	1	2	3	4	5	6	7	8	9	10			
CAL	CALM FRUSTRATED						ANGRY FURIOUS						
	When an adult yells at me or scolds me						When I don't feel listened to or understood						
	l get groun	nded or los	e my privile	eges		Whe	n I'm not g	good enou	gh at some	ething			
	l get a bad	grade on a	test or ass	signment		l'm n	ot invited	to an even	t				
	I get in tro	uble for so	mething I o	lidn't do		l get	physically	injured					
	My parent	s make a b	ig deal out	of nothing		I lose	while pla	ying a vide	o game				
	Someone l	breaks the	ir promise t	to me	_	Certa	ain rules th	nat my par	ents have f	for me			
	My friends	talk about	me behind	d my back	_	l get	betrayed	by someor	ne close to	me			
	Other peo	ple talk ab	out me beh	ind my ba	ck	Peop	ole tell me	what to do)				
	People tou	ch my thir	ngs without	permissio	on	l'm li	ed to						
	People go	into my ro	om withou	t permissi	on	My family members' behaviors or habits							
	I lose at a s	port or co	mpetition		_	I'm treated unfairly							
	My parent	s argue wit	th each oth	er	_	I'm forced to do something I don't want to							
	I feel disre	spected by	an adult		_	Other people have what I want							
	Other peo	ple make d	lecisions fo	r me	_	I have too much work to do							
	I'm left out	t by my fan	nily or frier	nd group	_	Someone talks about my family member							
	My electro	nics stop v	vorking		_	People are rude, inconsiderate, or disrespectful							
	People inv	ade my pe	rsonal spac	œ	_	Someone puts their hands on me							
	People talk to me like I'm a kid Things don't go as I planned												
	l get critici	zed for sor	mething I d	id		I get embarrassed publicly							
	I'm bullied	or picked	on		I'm not a priority to friends or family members								
	Someone takes advantage of me												
	Who	at are s	some ot	her th	ings th	at mak	e vou f	eel ana	rv?				

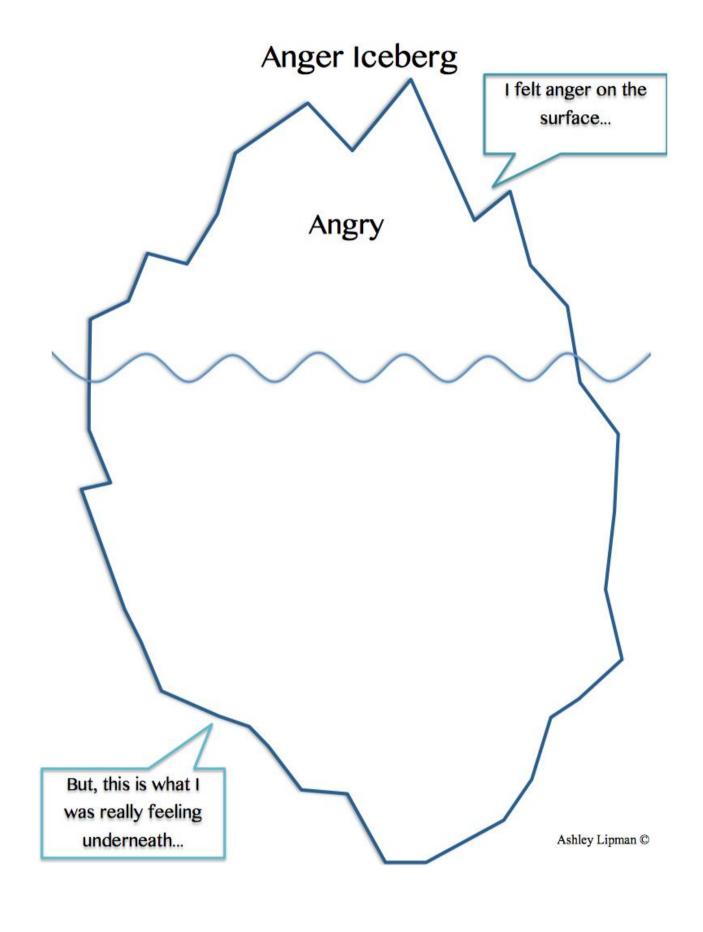


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Somethin	g	Μασ	le 1	Me	Fee	21 🎍	IN	G	Ę	
What happened to make y	ou fee	angry?								
How angry did you get?	1	2	3	4	5	6	7	8	9	10
Besides anger, how else w	vere y	ou feeling	when i	t happe	ned?					
How did you respond?						_		1	à	
							THE REAL PROPERTY.	- Companies	ę	
							Service Services			
Were there things that yo	u said	or did th	at you v	vish yo	u didn'f	?	6	9		\
What do you think you sho	ould do	o differen	itly next	time to	o help yo	ou cope?	-			-



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What I've learnt or found useful?	
What I'm going to do next?	
Who I can ask to help me!	