

WORKSHEET “RED LIGHT – ANGER”

Red lights are feelings in your body that tell you when your **anger is growing too big**.

You might start noticing these red lights even while you are first becoming angry.

When you start to feel these red lights, **slow down** and **stop**.

You can take charge if your angry feelings before they get any bigger.

WHAT DO YOU THINK YOUR ANGER LOOKS LIKE WHEN IT'S VERY LARGE?

DRAW IT BELOW:

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Anger can begin small and become larger if we let it.

When you are only a **little bit angry**, you may not realize your anger **is growing**.

You might feel a little bit **different**, but it’s not so important.

You can usually carry on, like a green traffic light.

WHAT DO YOU THINK YOUR ANGER LOOKS LIKE WHEN IT’S STILL VERY SMALL?

DRAW IT BELOW:

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An **Anger Stop Sign** is a signal that your body makes when your anger is still small.

When you start to notice your anger stop signs, you can slow down and **STOP** before it gets any bigger.

What are your anger stop signs?

See some examples:

MY VOICE GETS LOUDER

I FEEL HOT

I START TO SWEAT

I WANT TO THROW SOMETHING

MY HEART BEATS FASTER

I START SHAKING

WRITE YOUR ANGER STOP SIGNS: