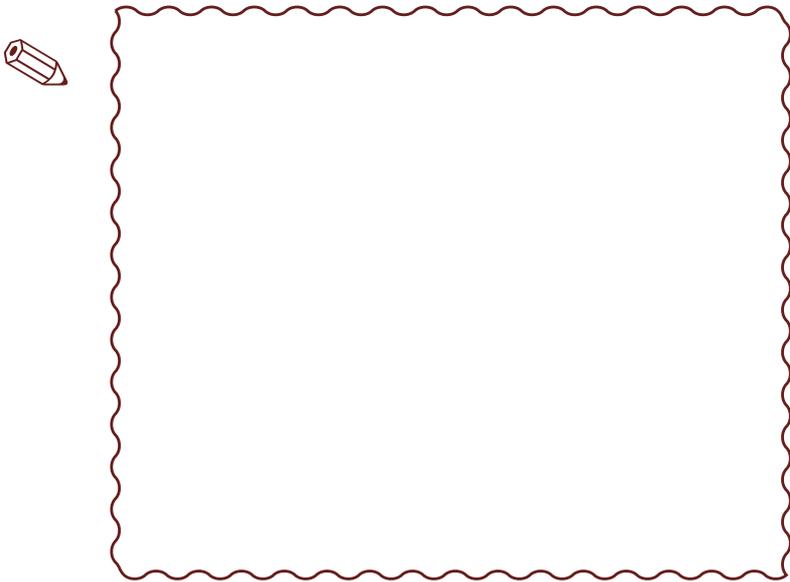


G'day. This is me...



(Draw you)



This is Tizzy...

...and this is anger



...and we've been together for quite a while! We understand each other better these days and this is how we did it...

...you see anger was getting me into heaps of trouble...

...at school... at home... with my friends...

...even Tizzy, my dog, was getting scared of me!!



Anyway, one day someone asked me...

Who's the Boss?



Who's the boss... Rate yourself against anger Date:

| | | |
|--|--|--|
| <p>You</p>  <p>How often do you win against anger?</p> | <p>Most of the time</p> <hr/> <p>Half and half</p> <hr/> <p>Hardly ever</p> <hr/> | <p>Anger</p>  <p>How often does anger win against you?</p> |
|--|--|--|

Well, I really thought about that and decided I'd like to be the boss.

So I decided to get strong and smart about it... and then I found a coach... (or maybe a coach found me...?)

A coach is someone who helps you set and reach goals

About my coach

My coach encouraged me not to give up!

My coach taught me a lot about anger and how it works on my body and thoughts.

We worked out when anger usually came along (my challenges)

...my early warning signs

...how long my fuse was

And we made a plan of strong and smart ideas to help me calm myself.

MY PLAN

1. think
2. walk away
3. drink water
4. get help

- we usually met for about half an hour each week at first
- sometimes we worked out what should be in my plan
- sometimes we played games or drew or chatted
- we worked out who to share my plan with (mum, dad, teachers)
- sometimes we had to work out new ideas if the others didn't work
- and we talked about what might happen if I didn't become the boss of anger (Not good!)
- we kept track of how I was going and bit by bit, step by step I got better at managing feelings!

So why don't you have a go too...

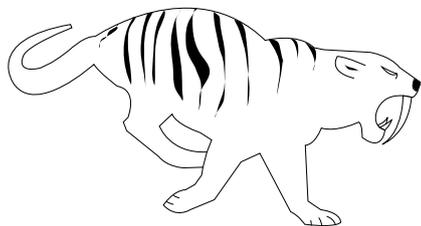


AGREE

DON'T AGREE

About anger

Did you know you had a **'Don't get eaten'** machine in your brain to keep you safe from danger? It sends messages (neuropeptides!) to our bodies to make us strong enough to **escape** or **fight**.



(Which is a good idea if you are being chased by a sabre tooth tiger)

Sometimes our 'Don't get eaten' machine thinks we're in serious danger when we're not (like when your sister is annoying you, or you're late, or you're angry!) and it still floods our bodies with feelings!! (neuropeptides!).

Here is a drawing of the brain and what happens when we get upset...

1

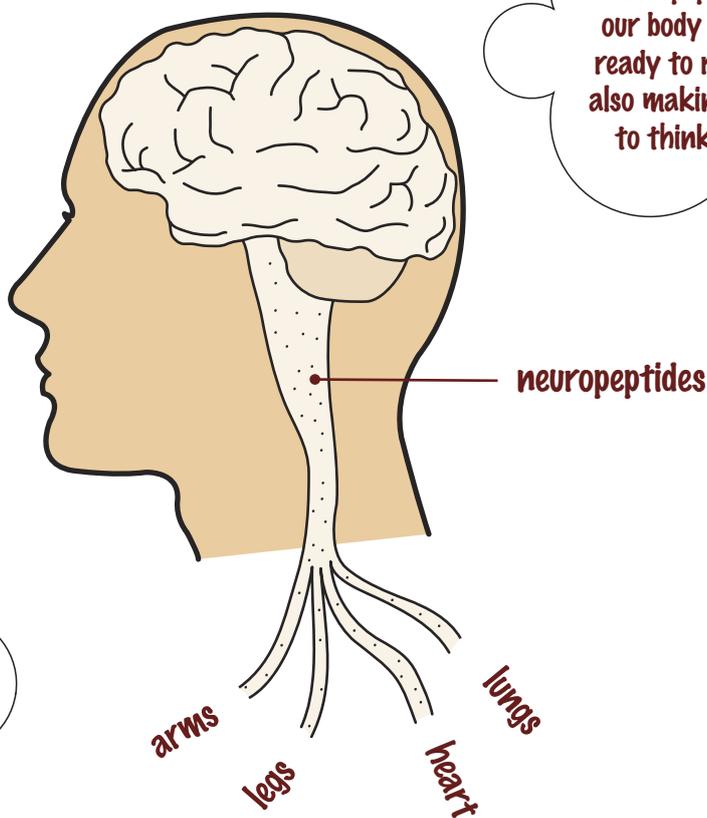
When we see, hear or think something upsetting, our brain sends messages to our body

2

Neuropeptides flood our body making us ready to run or fight also making it harder to think straight

3

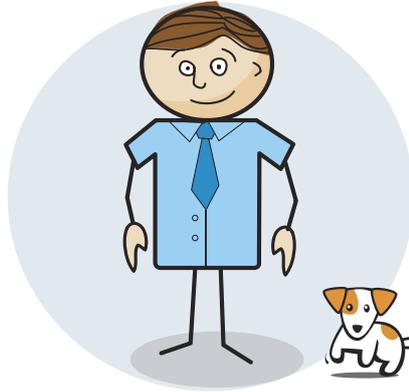
After a while, the neuropeptides go away and we think straight again



Early warning signs

We feel the **neuropeptides** in our bodies when we get upset.

I feel it in my **tummy** and chest... my sister feels tight in her **neck** and **shoulders**... my friend gets tight **fists** when he is mad or stressed.



Where does your body feel it when you are upset?

These are our early warning signs

 Circle the ways your body warns you

| Physical things | Thinking things |
|----------------------|---------------------|
| red, sweaty face | shouting |
| short breath | swearing |
| wide eyes, frowning | angry words |
| agitated, aggressive | thinking bad things |
| feeling hot | |

 Other ways

 Sometimes we don't have long before we stop thinking straight and we blow up - this is our fuse length. How long is your fuse? seconds.

How many seconds do you have between your early warning signs and when you can't think straight anymore?

This is why we need emotional first aid....

Emotional first aid

We need time and space for our feelings (neuropeptides) to settle.

For some kids this can take a while...



How long does it usually take you to calm down and think straight again?

..... (seconds/minutes/hours)

There are things we can do to help ourselves calm down.

(Play 'THINK AGAIN' and check the Calm Cards for more ideas).

Some calming ideas...

1. Walk away and get a drink of **water**.
2. **Relax** - shrug your shoulders, shake your hands, tap warning spot.
3. **Breathe** evenly by counting breaths in and out.

1 2 3 in - 1 2 3 out 1 2 3 in - 1 2 3 out 1 2 3 in - 1 2 3 out

4. Think calm, straight **thoughts**.....



5. Go for a **walk**... or a **ride**... or a **run**... or **play** with your friends or your pets.
6. Sit somewhere quiet and **imagine** a safe place that is beautiful, relaxing and calm... like a forest... or a mountain... or a beach... or an underwater garden in the shade.
7. Decide if you need help (teacher, parents, friends, coach), ask for time out if you need it.
8. Be assertive - use cool talk - (practice with your coach).

We worked out my best calming ideas and here's my Emotional First Aid kit

(We told my parents and teachers about my ideas - my teacher let me use these cards in class when I felt upset one is left empty for your own ideas)

Talk to someone

Cousellor

Teacher

Principal

Draw Quietly

5 minutes

**Have a drink
of water**

Go to sick bay

Sit in the sun

5 minutes



.....

.....

.....

.....

cut along the dotted lines

Justified or Not?

Here are some types of anger - which do you feel most often?

Injustice - Unfair, being blamed, punishment

Hurt - being hit, broken promises, something taken

Frustration - can't do something, can't get what I want

Annoyance - waiting, losing something, being hot

Justified Anger

Some action must be taken to deal with the cause. You have a right to feel angry when:

- someone cheats in a game
- someone makes fun of you
- someone broke your trust of them

Even if it is justified anger, you are responsible for dealing with your feelings.

Unjustified Anger

Take responsibility for dealing with the feelings. Unjustified anger comes from events like:

- waiting for your turn
- having to do something the class voted for
- not being able to do something you want to do

When you have to talk to someone about something that was not fair, calm yourself and use cool talk.



Cool Talk

1. Say what happened**When you threw my book at me**
2. Say how you felt.....**I felt disrespected**
3. Say what you would like to happen.....**and I would like you to hand it to me next time**
4. Say what you will do.....**or I will get help from the teacher**

Challenges

Next we figured out some of the triggers for my anger.

(Play THINK AGAIN to find even more challenges and more strong and smart ideas).



Challenges are things like...

(Tick your challenges and say if they are justified or not)

- | | |
|---|-----------------------|
| • getting out in a game | justified/unjustified |
| • my little brother/sister breaking/taking my things | justified/unjustified |
| • mum/dad/teacher not listening when I try to explain | justified/unjustified |
| • teacher asking me to do work I don't like | justified/unjustified |
| • people teasing me - people teasing my friends | justified/unjustified |
| • my friends not playing with me | justified/unjustified |
| • getting something wrong in my school work | justified/unjustified |
| • people being unfair | justified/unjustified |
| • waiting in line for the canteen | justified/unjustified |



Your three main challenges...

1.
2.
3.



Important

Sometimes our challenges are not too serious and we can listen to our bodies and calm down.

Sometimes our challenges are serious (like bullying, or threats, or stuff like that).

Then we need help from someone we trust - family, friends, teacher, coach, counsellor...

Here are some of my **emotional first aid plans**...

| Challenge | Emotional First Aid Plan |
|--|--|
| getting out in a game when it isn't fair | Say 'I'm getting a drink', walk away, breath evenly (123in-123out), talk sense to myself, decide if I need help, use cool talk |
| Mum not listening | Think 'calm down' 'I can handle this', get a drink, sit somewhere quiet, ask to talk when I'm calm, decide if I need help from someone else, use cool talk |

 So here is a page for you and your coach to work out how to meet your challenges.

| Challenge | Emotional First Aid Plan |
|-------------------------|--------------------------|
| <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> |
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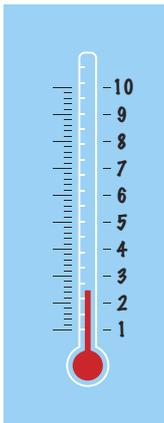
How are things going now?



Who's the boss... Rate yourself against anger

Date:

You



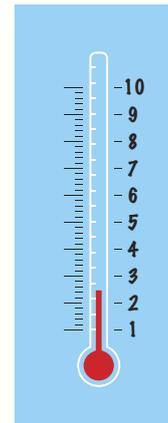
How often do yo win against anger?

Most of the time

Half and half

Hardly ever

Anger



How often does anger win against you?

Who's the boss... Rate yourself against anger

Date:

You



How often do yo win against anger?

Most of the time

Half and half

Hardly ever

Anger



How often does anger win against you?

