

Managing Anger & Anxiety

Essential year round resources that build skills to help students identify and cope with overwhelming emotions to improve wellbeing and happiness in your classroom.

Controlling Anger

10-15 mins

Notes

Children who find it difficult to regulate their behaviour benefit from social-emotional learning activities that teach them about emotions. Help them to identify and understand the emotions they're experiencing and give them coping strategies for challenging emotions like anger. When they have some tools in their arsenal, they'll know what to do if they start to feel like they're losing control.

You will need

- calming anger posters below
- calming anger templates below

Instructions

- Ask children to share things that make them angry or something that's made them furious in the past.

Examples

- I got angry with my brother because he always eats the last cookie.
- I got angry at people who are mean to each other at school.

- Ask them to close their eyes and imagine how they were feeling when they were angry. Ask them to remember and verbalise how their body changed when they were feeling that way and write these on the board to create a list of signs that alert people that they are becoming angry.

Examples

What went well

Even better if

Worry Bags

Name: Scotty

Justin eating the last cookie.

Spilling my juice.
Getting a spelling word wrong.

Not being allowed to stay up until 11.

Max is mad at me because I was mean.

I am upset that I was not picked for the basketball team.



Sarah not getting a...

Not worth worrying abo...

Huge Bag of Worries

Name: Sonia

What kind of things did Jenny worry about?
Jenny worried that she was fat, her dog Loftus had fleas, that her best friend was going away, people talking about her, bad marks, and wars.

Describe the feelings Jenny might have experienced because of her worries.
She might feel scared, worried, upset, and tired because she could not sleep.

What if Jenny tell her family about her worries?
She thought they were busy and had their own worries. She thought she would feel she was stupid or tell her she is lucky.

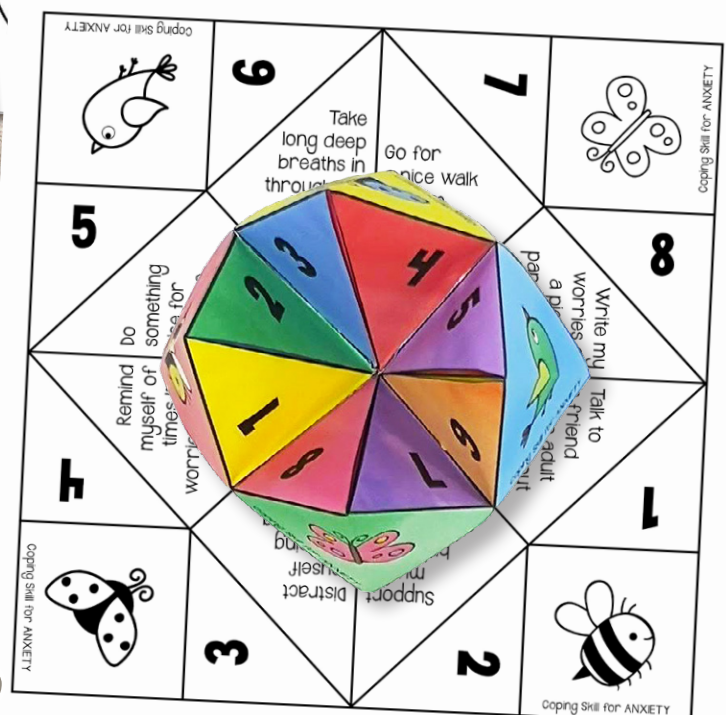
What happened to Jenny's worries when she kept them to herself?
They got bigger and bigger.

How did Jenny finally sort out her worries?
She talked about them and let the lady next door have a look inside the bag.

How did the lady next door help?
The lady helped her sort her worries into groups. She sent some packing, put some in her shopping basket and blew some away.

How do you think Jenny felt after she talked about her worries?
Jenny felt happy and relieved when her worries were gone.

Anxiety Fortune Teller



What's Included

- ➔ 9 lesson plans with coping strategies for managing anger, stress, worry and anxiety.
- ➔ 10 worksheets that accompany lessons.
- ➔ 7 posters that remind students how to calm themselves down.
- ➔ Anxiety fortune teller game with templates and folding instructions.
- ➔ 6 coloring pages to use as a mindfulness activity or add to your calm down corner.
- ➔ Book recommendations.

Controlling Anger

🕒 10-15 mins

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- I got angry at people who are mean to each other at school.

2. Ask them to close their eyes and imagine how they were feeling when they were angry. Ask them to remember and verbalise how their body changed when they were feeling that way and write these on the board to create a list of signs that alert people that they are becoming angry.

Examples

- clenching fist or jaw
- rapid heart rate / breathing
- sweating, shaking or trembling
- feeling hot in the face

Stress Balloons

🕒 20-35 mins

A variation of worry bubbles, this activity helps children identify things that are making them feel stressed and provides a strategy to help them relax.

You will need

- ➔ a large balloon for each child
- ➔ 4 small pieces of paper for each child
- ➔ markers

Instructions

1. Ask children to explain the meaning of the word stress and have a few share things that make them feel stressed. Explain that stress is a natural response but holding onto it can cause harm to the body and mind.
2. Ask students to think about some of the things that make them feel anxious or stressed.
3. Give each child a balloon, marker and their allocation of paper. Ask them to write down 3 negative thoughts or stresses. On the fourth piece they are to write a number from 0-10 (10 being the most stressed) to indicate how they feel thinking about the things they've written.
4. They will now draw a face or write a few words on the balloon that reflect the way they feel when they think about their stresses.
5. Ask children to roll up their pieces of paper, insert them into the balloon, blow it up only half way and tie it off.
6. Students will need a lot of space as they try to punch or squeeze their balloon to make it pop. They will find it difficult because...



Benefits

- ➔ Students understand that anger and anxiety are normal emotions and will have strategies to manage them in a healthy way.
- ➔ Students will be able to identify the signs that their anger is becoming a problem.
- ➔ Children will feel more comfortable talking about feelings and negative reactions.
- ➔ Students learn about the visible and internal signs that someone else is angry.
- ➔ Children learn different ways to release negative emotions.
- ➔ Your class learns techniques for calming themselves.
- ➔ Your grade will be engaged in a fun activity that teaches deep breathing.
- ➔ Students make their own tool to help them when they're feeling anxious.
- ➔ Students learn to identify small and big worries and learn which can be released.
- ➔ Children write about or draw their worries to see them in a different light.
- ➔ There are suggestions and resources for you to create a peace corner where children can escape for a few minutes to reflect and calm themselves.
- ➔ These resources are fabulous for everyday situations or in group counseling activities.



Easy to Navigate

Quickly jump to lesson plans, worksheets, posters, and coloring pages that teach strategies for regulating emotions.

Strategies for dealing with negative emotions

Many adults have never been shown how to deal with their challenging emotions which often greatly impacts the quality of their lives.

As a teacher, you can help to alleviate this kind of stress for your students by giving them some strategies they can embed in their coping toolbox.

The activities listed below may be simple and not all will resonate with every student but there's bound to be one or two techniques that stick with each of your students.

We suggest you try them all over a period of time to help find a good fit for each child.

Included Activities

Use this quick find guide to jump to the activity you want to use. Simply click on a listing and you will be redirected.

- ➡ Grumpy Paper Toss
- ➡ Worry Bubbles
- ➡ Homemade Bubble Mixture
- ➡ Stress Balloons
- ➡ Worry Bags
- ➡ A Huge Bag of Worries (Picture Book Activity)
- ➡ Controlling Anger
- ➡ Hand of Peace
- ➡ Peace Corner
- ➡ Coloring Pages and Posters
- ➡ Anxiety Fortune Teller

**Hyperlinked activities list
saves you time searching
for the right resource**

Ripple Kindness SEL Activities



Ripple Kindness
SEL Activities for Kids

**Write notes about
the effectiveness
of each activity.
What went well,
even better if
and estimated
time required**



Worry Bubbles

🕒 10-15 mins

📝 Notes

This is a fun activity to help children to let go of their worries by combining thought and action. Whilst visualising their worries drifting away, children are sending messages to their body to calm down and relax through deep breathing as they blow their bubbles.

You will need

- ➡ a small bottle of bubble mixture for each child or you can make your own [here](#)

Instructions

1. Take children outside and give each of them a bottle of bubble mixture.
2. Ask them to think about a worry that is bothering them and picture that worry inside the bubbles they are blowing.
3. As they watch each individual bubble and worry float far away from them they are to imagine their worries disappearing as the bubbles pop.
4. Keep blowing until all their worries have disappeared and they're feeling calm and relaxed.
5. Use the questions below to discuss how children felt about the activity or use the worksheet if you'd like them to write about it.
 - Hands up if you had any worries or concerns before starting this activity.
 - Can someone describe the process of placing their worries inside of bubbles?
 - What thoughts were going through your mind as you blew your bubbles?

💖 What went well

💖 Even better if

Effective Coping Strategies

Fun activities that help students to recognize and release overwhelming emotions.

Fun and
engaging
techniques

Worry Bubbles

10-15 mins

Notes

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Each child or

Worry Bubbles

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- Did anyone notice a change in their body or mood as they were blowing?
 - How did you feel at the end of the activity?
- Use with the class or an individual as needed.

Extension

Writing Activity

Homemade Bubble Mixture

10-15 mins

Notes

If you'd like to get your class involved in a hands-on science experiment, you can make your own mixture for use with the "Worry Bubbles" activity.

This recipe came from the homescience.tools.com website.

You will need

- liquid dish soap / dishwashing liquid (use one that doesn't say "Ultra")
- warm water (tap water is best)

Huge Bag of Worries

Name: Sonia

What kind of things did Jenny worry about?
Jenny worried that she was fat, her dog Loftus had fleas, that her best friend was going away, people talking about her, bad marks, and wars.

Describe the feelings Jenny might have experienced because of her worries.
She might feel scared, worried, upset, and tired because she could not sleep.

Why didn't Jenny tell her family about her worries?
She thought they were busy and had their own worries. She thought she would feel she was stupid or tell her she is lucky.

What happened to Jenny's worries when she kept them to herself?
They got bigger and bigger.

How did Jenny finally sort out her worries?
She talked about them and let the lady next door have a look inside the bag.

How did the lady next door help?
The lady helped her sort her worries into groups. She sent some packing, put some in her shopping basket and blew some away.

How do you think Jenny felt after she talked about her worries?
Jenny felt happy and relieved when her worries were gone.

Stress Balloons

20-35 mins

Notes

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You will need

- a large balloon for each child
- 4 small pieces of paper for each child
- markers

Stress Balloons

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- When everyone's broken their balloon, ask them to reflect on how they feel now that they've released their stresses. Find the paper they wrote their stress number on, cross it out and write a new number to indicate their level of stress after the activity. Ask everyone to hold up their paper to show if the activity had an impact. If anyone still indicates a high level of stress you may like to speak to them later in private.

- Explain how laughter is a great stress reliever and how it can be used to lighten a stressful situation (if appropriate) or cheer someone up. Include how stress can be like a balloon - we can take only so much stress before it explodes (blow into a balloon until it explodes and escape (letting the

What went well

Grumpy Paper Toss

10-20 mins

Notes

Children sometimes find it difficult to verbalise what's upsetting them or making them angry or frustrated. Getting them to write about it or drawing a picture can be a great alternative to talking. When they have acknowledged their concerns on paper, they can be released as they crumple the page and throw it away.

Explain that some things will need to be addressed or talked about on a deeper level but it can help to acknowledge and let smaller things go in this way.

You will need

- paper or the provided sheet
- markers
- a large container or empty rubbish bin (make sure it's a large enough target for children to toss)

What went well

Things that make me feel grumpy

Name: _____

Use this page to write about or draw anything that's making you feel grumpy or worried inside.



Improve Classroom Community

Teach students to regulate their emotions to keep their cool in difficult situations for a calm, happy, and safe classroom.

Dealing with anger and anxiety

All feelings serve a purpose. Positive emotions such as joy and love give us a feel-good buzz that create optimistic thoughts and actions. These are usually less confusing emotions for children because experiencing them means that life is good and they are happy. But what about less positive feelings such as anger or anxiety which can often be seen as destructive?

These kind of emotions are normal and healthy. Experiencing them usually indicates we've been hurt or our needs haven't been met but they are often seen as negative if they cause people to become stressed or over-react and lose control. Though they can result in stressful interactions or disputes, both anger and anxiety can be important for alerting of dangerous situations by triggering our fight or flight response or signaling that we're being taken advantage of.

Children need to be able to recognize when these emotions cause negative responses and how they can control them to avoid arguments, physical fights, abuse or self-harm.



Negative emotions such as worry, stress or anger can make children think and behave irrationally and not knowing how to release them can prevent them from enjoying life. The longer emotions are held, the more entrenched they become, so learning strategies for dealing with and releasing them is a healthy coping mechanism that helps avoid conflict and overwhelm.

You should also encourage your students to talk about things that are bothering them in a safe environment where they feel they can open up. This might be a private talk with you or a group session with other students who also want to share concerns.

Helpful books

Books can be wonderful tools for sparking conversations, reinforcing positive behavior and highlighting issues. They can help explain feelings and the behavior that can be associated with difficult emotions. Reading a book about emotions to your class can help you subtly address issues between friends and tackle anti-social behavior.

Below are some you might like for your classroom. If you decide to purchase any, we would greatly appreciate you using our affiliate link with Amazon. A small percentage returned to help support our blog with useful information and resources.



★ Breathe deeply

Inhale to a count of 5 - hold for 2 - exhale to a count of 5.

★ Tense and relax

Consciously tense and relax all my muscles starting at my toes.

★ Encourage myself

Tell myself to calm down, stay calm, I can handle this.

★ Distract myself

Choose a peace corner activity, squeeze a stressball or rub a rock.

★ Be kind to myself

Love by hugging

Controlling Anger

10-15 mins

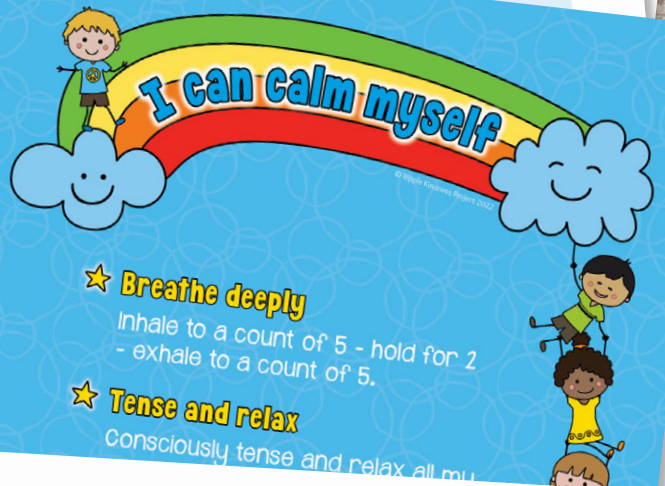
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Controlling Anger

Notes

Talk about these feelings and explain that when kids start experiencing them, they will know that it's time to use some techniques to calm themselves down. Discuss the ways in which children can calm themselves as a group.



★ Breathe deeply

Inhale to a count of 5 - hold for 2 - exhale to a count of 5.

★ Tense and relax

Consciously tense and relax all my muscles starting at my toes.



★ Breathe deeply

Inhale to a count of 5 - hold for 2 - exhale to a count of 5.

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Consciously tense and relax all my muscles starting at my toes.

★ Encourage myself

Tell myself to calm down, stay calm, I can handle this.

★ Distract myself

Choose a peace corner activity, squeeze a stressball or rub a rock.



Deal with Anger

Students learn to understand their emotions and calm themselves down before they lost control.

Anger Management Essentials

Controlling Anger

10-15 mins

Notes

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You will need

- calming anger posters below
- anger templates below

What went well

Controlling Anger

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Notes

Talk about these feelings and explain that when kids start experiencing them, they will know that it's time to use some techniques to calm themselves down.

3. Make a list of the ways in which children can calm themselves down and practise them as a group.

Examples

- Practice deep breathing. Inhale to a count of 5, hold for 2 and exhale to a count of 5.
- Consciously tense and relax all your muscles.
- Tell yourself to calm down (i.e. stay calm, I can handle this).
- Remove yourself from "distress".

CALMING ANGER

When I feel angry I can...

breathe deeply

walk away

tell myself to calm down

tense & relax my muscles

go for a walk

distract myself

spend time in a peace corner

make myself laugh

draw or listen to music



CALMING ANGER

When I feel angry I can...

breathe deeply

walk away

tell

tense & relax



CALMING ANGER

When I feel angry I can...

CALMING ANGER

When I feel angry I can...

Name: _____

Let it Go!

Students identify and classify their worries and learn skills for dealing with things they can't let go.

Worry Bags

20-25 mins

Notes

The Huge Bag of Worries is great book to help children sort through and categorize things that are worrying them. Drawing upon their own real life situations and problems makes it easier for them to relate to the worries the character describes and how she deals with them.

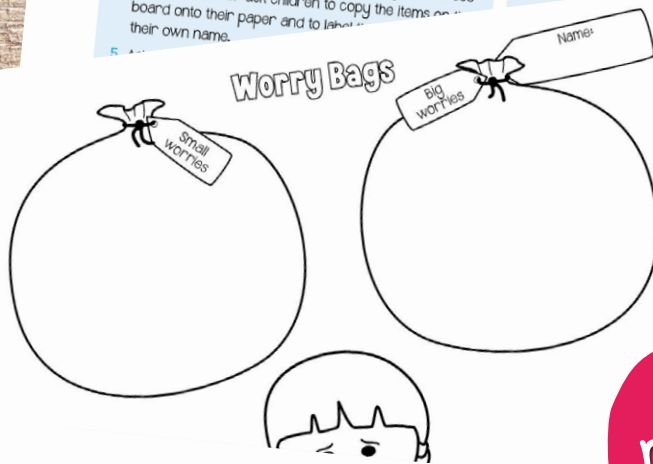
...activity which is a variation of this

Worry Bags

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4. On the board, draw an empty bag or basket in each corner and an image of a person in the middle. Label the bags/baskets with 'small worry', 'big worry', 'not my worry' and 'not worth worrying about'. Use the worksheet or ask children to copy the items on board onto their paper and to label them with their own name.

Notes



Small worries

Justin eating the last cookie.
Spilling my juice.
Getting a spelling word wrong.
Not being allowed to stay up until 11.

Worry Bags

Big worries

Max is mad at me because I was mean.
I am upset that I was not picked for the basketball team.



Not my worry

Sarah not getting her homework done on time because she played with Tori instead.
That Alex got

Not worth worrying about

The toothpaste on my T-shirt.
That my cupcake was

The Huge Bag of Worries

30-35 mins

Notes

A variation of the previous activity, use it later in the year when you feel it's needed or with older children.

You will need

- the book *The Huge Bag of Worries* (see above)
- slips of paper for children to write worries on
- a small paper or cloth bag to use as a worry bag
- the reading comprehension worksheet

Instructions

1. Read the book *The Huge Bag of Worries*

Notes

The Huge Bag of Worries

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3. After your discussion, give each child a slip of paper. Explain that if anyone has a worry they can write it on the paper and pop it in the bag to throw it away. Anyone who would like to talk about their worries write their name on the back. Reassure children that you will have time to talk with them in private.

Huge Bag of Worries

What kind of things did Jenny worry about?

Name: _____

Describe the feelings Jenny might have experienced because of her worries.

Why didn't Jenny tell her family?

Huge Bag of Worries

Name: _____

Do you worry about the same things as Jenny? ☐ YES ☐ NO
List some of the things you worry about.

Do you ever keep your worries to yourself? ☐ YES ☐ NO
If you do, why? If you don't, who do you talk to?

When you keep your worries to yourself, how does it make you feel?

Do you ever have trouble going to sleep because you are worried? ☐ YES ☐ NO
Do you have someone you are happy to share worries with? ☐ YES ☐ NO
How do you think you could feel better about your worries?

Learn to
release the
little
things

Fun Anxiety Tool!

The anxiety fortune teller has a range of strategies students can use to calm down when they start to feel overwhelmed.

Anxiety Fortune Teller

45-60 minutes

Notes

This fortune teller is a great way to teach strategies that help students cope with anxiety. As they use it over and over, they will embed new coping skills that they'll naturally call on through their life when faced with situations that cause them to feel anxious.

You will need

- ➔ ready-made fortune teller
- ➔ fortune teller template
- ➔ assembly instructions
- ➔ pencils, scissors

Instructions

- Students will need a copy of the ready-made fortune teller template if you decide you'd like them to make their own. This will also need

What went well

Anxiety Fortune Teller

Notes

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- You can have students work together in pairs to become "anxiety buddies". They can turn to one another when they feel they want to talk or need someone to support them. Their buddy is there to help them work through the strategies on their fortune teller.
- Ask students to practice the strategies regularly and let them know that they can use many of the same ones when they're feeling angry.

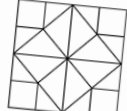
Student engagement level ★★★★★ I Completed ☐

What went well

Even playing with the game is calming!

Fortune Teller Assembly Instruction

Color your fortune teller before you cut it out. Fold it as directed.



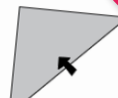
Color and cut out your fortune teller



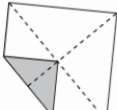
Flip your fortune teller over



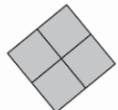
Fold in half to make a triangle and then unfold



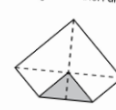
Fold in half the other way and unfold again



Fold all 4 corners into the centre



Your fortune teller should look like this

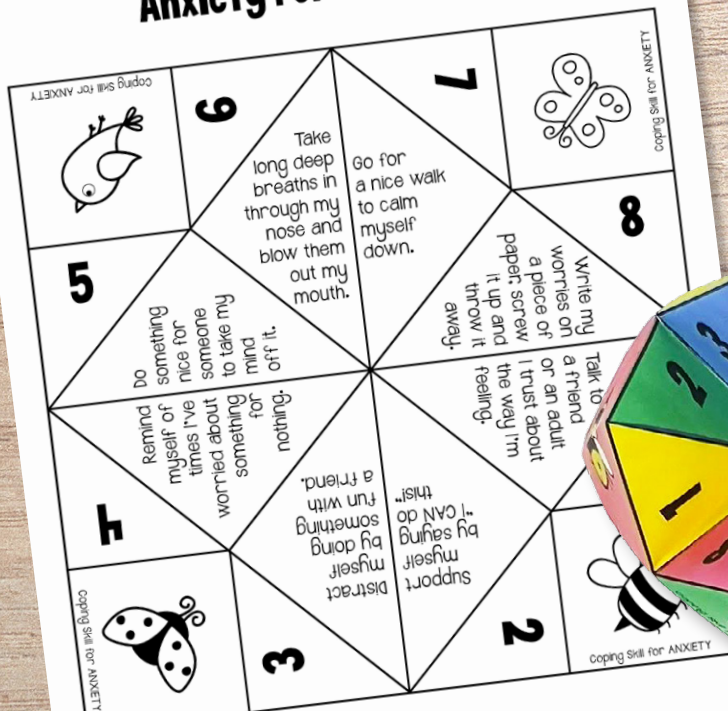


TURN OVER and Fold all the corners in again



Your fortune teller should look like this

Anxiety Fortune Teller



Anxiety Fortune Teller



Improve Outcomes

When students can cope with their emotions, they're less distracted and able to concentrate and work more effectively in class.

Hand of Peace

ongoing

Notes

This activity is loosely based on a Japanese therapy called Jin Shin Jyutsu. It is an ancient healing art which harmonizes the body through gentle touch however this activity is more about distraction and a sense of empowerment.

You will need

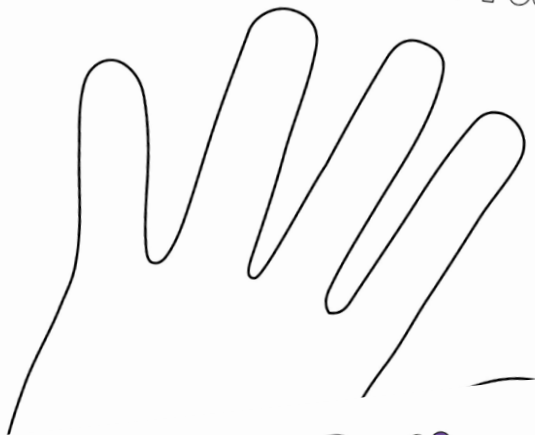
- sample poster below
- student template below

Instructions

Explain to your students that they are going to create a strategy for helping themselves cope with their emotions.

What went well

Hand of Peace



Hand of Peace



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- Ci
- Ta
- If y
- Finis

Hand of Peace

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- Explain that when children are experiencing a challenging emotion, they wrap their other hand around the finger they have allocated to that emotion and squeeze. While they're applying pressure, they close their eyes and take some deep breaths while they count to 50. If they feel they are experiencing more than one emotion, they can do the same with another finger or their thumb. When they have finished breathing and counting they circle their finger or thumb around their palm while they say the word peace over and over in their head. They will know when to stop as they feel the tension melting away.

After a period of time and practice, students will instinctively know which finger relates to each emotion without their poster.

Notes

What went well

Peace Corner

ongoing

Notes

A peace corner is a space in your room where children can go if they need a break or some time out. It gives them an opportunity to reflect on their feelings and calm themselves down if they're in danger of an outburst. The teacher may also request that a child visit the peace corner if they feel they need to manage their emotions.

You will need

- a beanbag or comfortable chair; small table or tub for items
- some soft toys or cushions to hug
- some fidget toys, colouring book/pages and pencils, mind jar, meditation stone, stress ball
- a five minute sand timer and clipboard
- a sheet with each student's name in one column and several blank columns beside
- the I can calm myself poster

Instructions

Have a pet or a plant in your classroom, and place it in the peace corner.

What went well

Peace Corner

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- Explain to your students that the peace corner is a quiet place where they can retreat when they feel their emotions are becoming too big and they're feeling overwhelmed. They can also use it if they need some quiet time to gather their thoughts or feel like learning has stopped.

Let them know that they can go there when they need to without asking permission or that you may request that they visit. Make it clear that they should not use the corner to avoid a task and that each student must write the date they visited next to their name. Let them all explore the space and it's contents before you start using it.

- When students go to the corner, they will sign in, set up the timer (they're given 5 minutes) and sit quietly to reflect on their emotions. They may colour; play with a toy, rub a meditation stone or watch the mind jar during that time. If they're feeling annoyed, they can use the strategies on the poster to help calm themselves.

- After 5 minutes, children return to their seat.

Student engagement level ☐ Completed

Notes

What went well

Even better if



Posters Remind Students to Breathe

Colorful posters remind students to concentrate on their breath when they need help to stay in control.

I breathe
deeply to help
me stay calm



I breathe
deeply to help
me stay calm



Great
for visual
learners

Breathe in
breathe out



stay calm!

I breathe
deeply to
help me stay calm



I breathe
deeply to help
me stay calm



Coloring Pages

Reading the affirmations as they color reinforces the use of their breath as a way to self-soothe.

I breathe
deeply to help
me stay calm

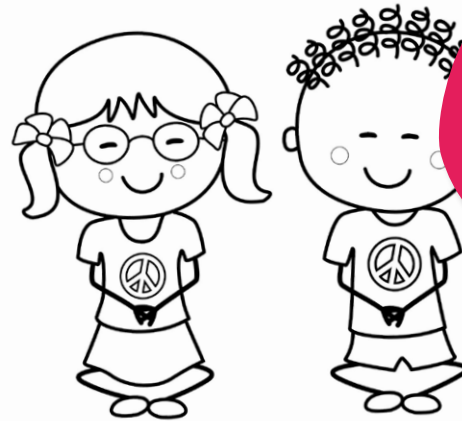
I breathe
deeply to help
me stay calm

A calming
mindfulness
activity

Breathe in
breathe out

Add to a
calm down
corner

I breathe
deeply to
help me stay calm



stay calm!

I breathe
deeply to help
me stay calm



What Teachers Think



"This resource is an important one to have in my teacher toolbox. I'm grateful for the way it is set up. It is both teacher and kid-friendly. Thank you."

- Karen B



"Great resources that helped my students understand all the concepts. Thank you so much. Great work."

- Education Land



"Great Resource! I wish I had found this earlier to use with my students!"

- Marcos P



"This is a super effective curriculum. Thank you!"

- Mary Ellen S



"I have used this resource with several students and have a few more to introduce this to. So far it has been great to see the kids come up with ways to calm their anger."

- Marisa W

