

# ANGER Mountain

When we feel angry or frustrated it can be difficult to cool ourselves back down. It almost feels like climbing a mountain- whatever triggers the anger builds until we reach the top and then slowly calm back down again.

But how can we stop ourselves from reaching the peak of our anger? **If we recognise our feelings and what things can help us to calm down, we can work to regulate these feelings before they explode!**

This activity focuses on what triggers our feelings and what has led us to feel this way- quite often anger is a projection of a build up of a mix of other feelings.

Pick a character to cut out and talk through your Anger climb – what do you look like at each stage?

**How can you prevent those feelings escalating?**

Use our examples to help fill out the clouds and the Anger Climb Chart.

feeling  
lonely

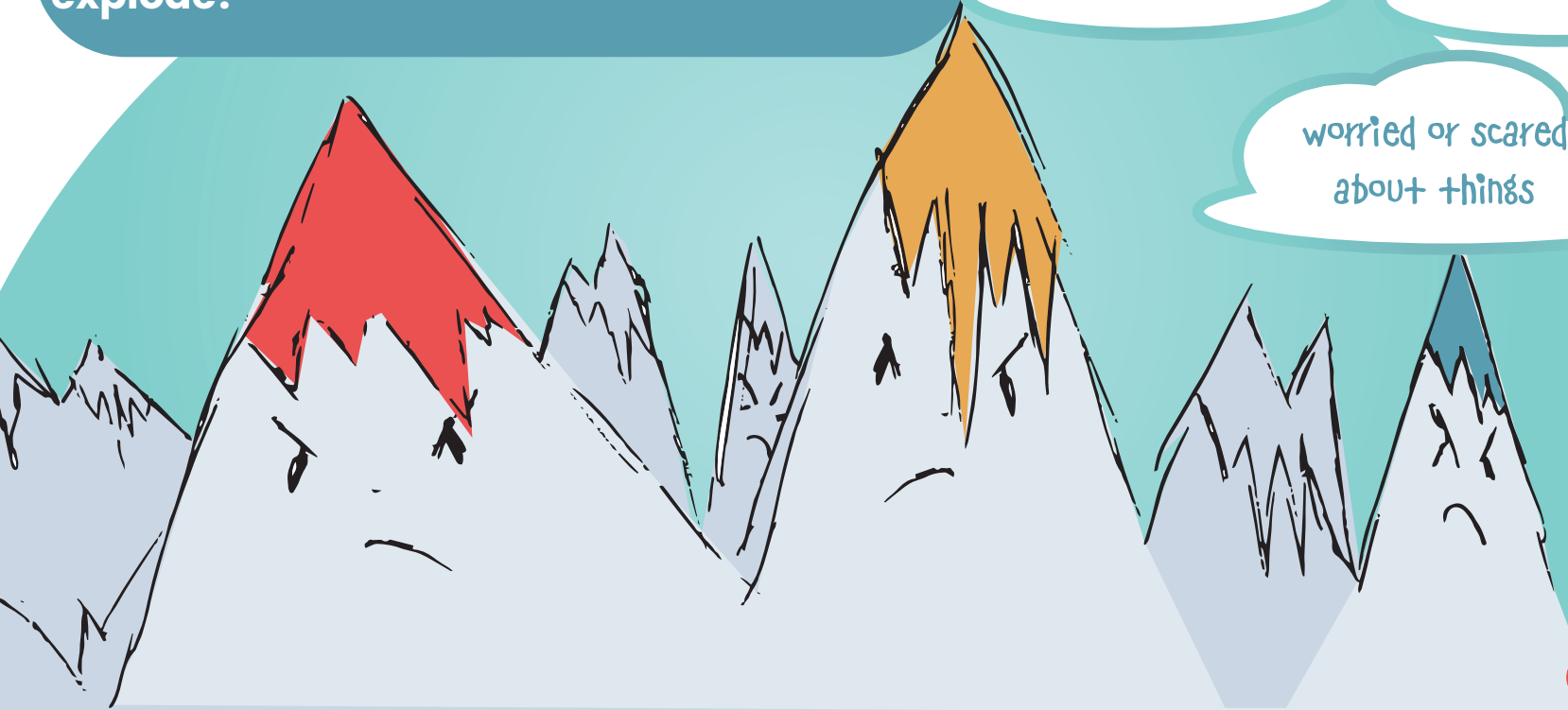
left out  
at school

embarrassed  
about something

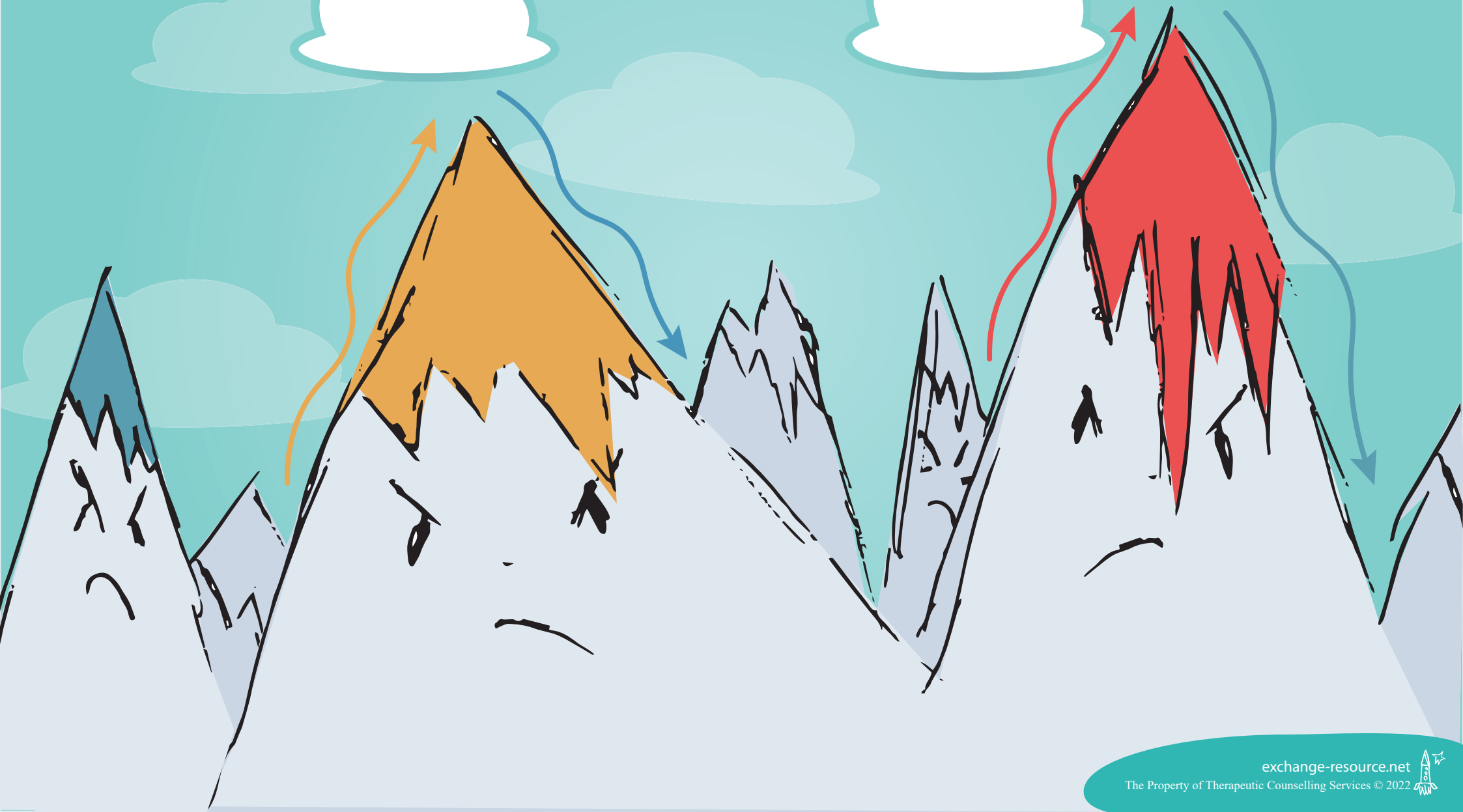
worried or scared  
about things

stress with  
friends

feelings of  
hurt



What else could be making you feel this way?



# Choose your climber



# ANGER Climb

What I look like

What I can do

Climbing  
up the  
mountain

Reaching  
the peak

Coming  
down the  
mountain

Blank space for drawing or writing.

Blank space for drawing or writing.

Blank space for drawing or writing.

Blank space for drawing or writing.

Blank space for drawing or writing.

Blank space for drawing or writing.

