

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

ANGER TRIGGERS

Good for	Self- awareness Managing emotions Year 5 / 6 upwards
Length	-
Resources	-
Actions	<ul style="list-style-type: none">• Explain that: <i>Often there are 'triggers' in our lives that affect the way we think. They can make us react in angry ways.</i>• <i>Everyone has different triggers. They depend on your own experience. Often they are stress, anger or worries.</i>• <i>We may not always be aware of our triggers</i>• <i>Sometimes these triggers mean something small can make us explode.</i>• <i>List 4 things that especially annoy you (could be a name, a person, a scenario, something unfair.)</i>• Think of a time when you exploded over a small thing – What was your trigger?
Tips	-
Variation	For Year 6 upwards: www.therapistaid.com/therapy-worksheet/anger-iceberg

