

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

COPING WITH ANGER – THE THERMOMETER

Also see anxiety exercises at Section 4 Activity 1 – Deep Breathing etc

Good for	Releasing anger safely Any age
Length	15 mins
Resources	Room Blackboard / whiteboard Chalk Sketchbooks, pencils
Actions	<ul style="list-style-type: none">• On the board draw a thermometer with 10 points on it• Name each point on the Anger Thermometer, i.e 1-noticing it, 2 irritated, 3 – annoyed, 9 – ready to explode...• Invite children to draw their own thermometers in their sketchbooks• <i>Put your own measurements on it and name them</i>• <i>In your head think of a scenario that has made you angry. How angry did it make you feel?</i>• <i>Put the thermometer in your head, breathe out</i>• <i>Every time you breathe out, the temperature comes down</i>• <i>Keep going until you reach the bottom and are cool</i>
Tips	-
Variation	www.therapistaid.com/therapy-worksheet/coping-skills-anger/anger/none

