

Handouts

1. How would you feel?
2. Emotion recognition game
3. Zones handouts (3 pages)
4. Anger cues
5. My anger signals
6. The body chart
7. What makes you feel angry
8. What are my poppers
9. What makes me angry
10. What makes me angry checklist
11. Anger output
12. When I get angry I...
13. Fire breathing dragon
14. What do you do to relax?
15. Muscle relaxation
16. Teaching the traffic light
17. Traffic light worksheet
18. Blank traffic light
19. Blank 5 point scale
20. 5 point scale check in
21. Traffic light meets the 5 point scale

How would you feel?

You got a present.

Happy Sad Angry

Someone laughed at your new coat.

Happy Sad Angry

Your friend is sick.

Happy Sad Angry

You planned on going to the party
but it was cancelled.

Happy Sad Angry

You had a great time with your friend.

Happy Sad Angry

Your friend told you that she thought that you were wrong.

Happy Sad Angry

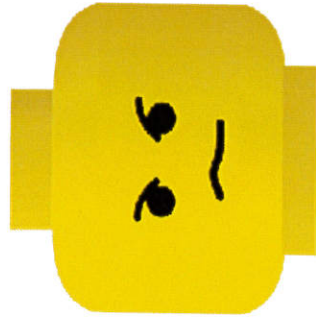
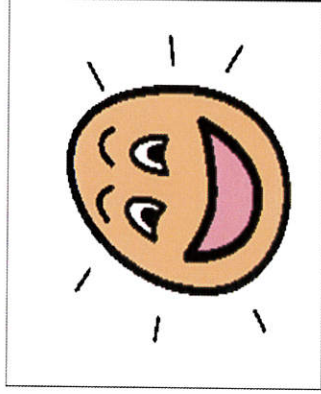
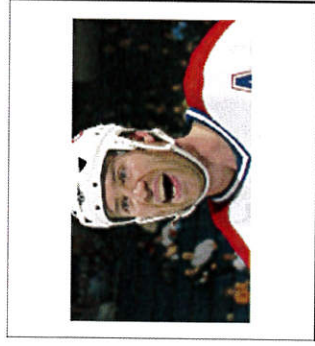
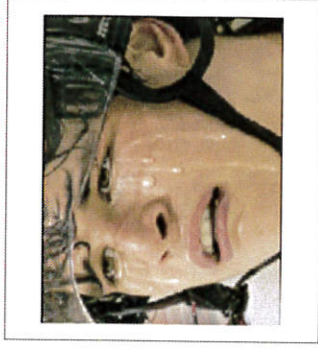
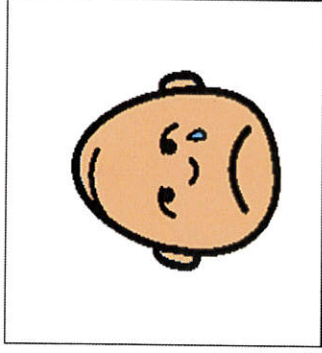
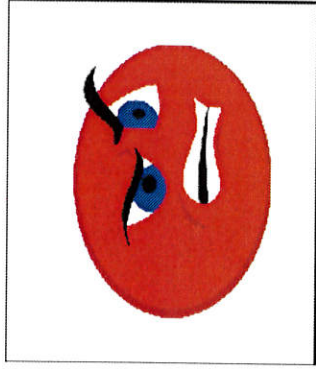
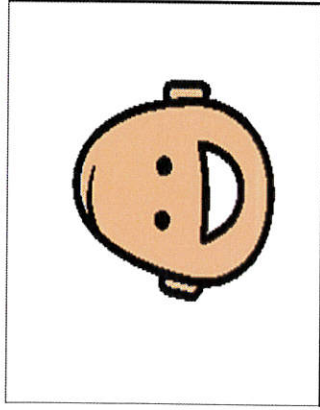
You don't want to go to work but you have no choice.

Happy Sad Angry

You have your favourite food for supper.

Happy Sad Angry

Emotion Recognition Game



Green



Good



Calm



Appreciated



Proud



Thankful



Happy



Good Listener



Ready to Learn



Focused



Okay



Relaxed



Content



Yellow



Excited



Frustrated



Nervous



Anxious/Worried



Silly



Annoyed



Overwhelmed



Scared



Jealous



Upset



Uncomfortable



Confused



Embarrassed



Grouchy/Crabby

Red



Mean



Mad



Yelling



Angry



Aggressive



Terrified



Anger Cues

Circle the anger cues you have when you're angry.

Red Face



Feeling Hot



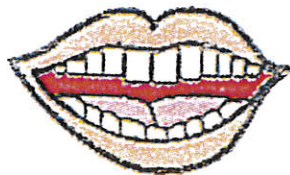
Feeling Tired



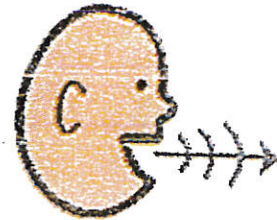
Feeling Cold



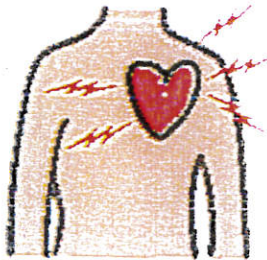
Dry Mouth



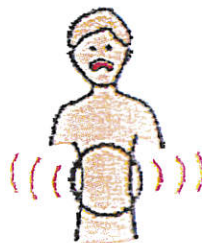
Loud Voice



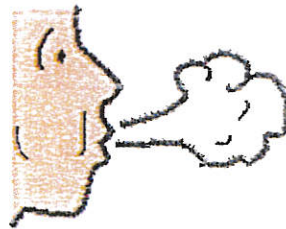
Racing Heart



Stomach Ache



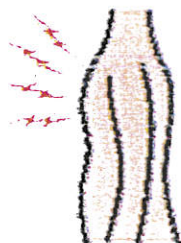
Breathing Fast



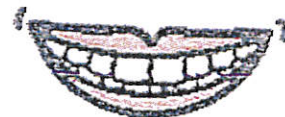
Tense Muscles



Chest Pain



Clenched Teeth



LAKE RIDGE COMMUNITY SUPPORT SERVICES

Parent Training Session: Coping Skills

Anger Signals Worksheet

MY ANGER SIGNALS

When you feel angry, your body gives you physical signals that you feel that way.

Circle the signs or clues of feeling angry that are true for you.

Eyes:

Blinking	Rubbing one's eyes
Glaring	Closing one's eyes

Head:

Smiling	Feeling dizzy	A lump in one's throat
Making sounds	Quickness of breath	Blushing
Having a dry throat	Laughing	Crying
Feeling sick	Buzzing in the ears	Heartburn
Headache	Grinding teeth	

Shoulders and Arms:

Hitting	Biting Nails	Sweaty palms
Clenching one's fists	Shrugging shoulders	Tensing Shoulders

Stomach and Back:

Stomach ache	Backache	Butterflies in the stomach
Knot in one's stomach	Shivers	Tense in stomach

Legs and Feet:

Jumping	Curling one's toes	Pain in one's knees
Stomping	Kicking	Tapping Feet

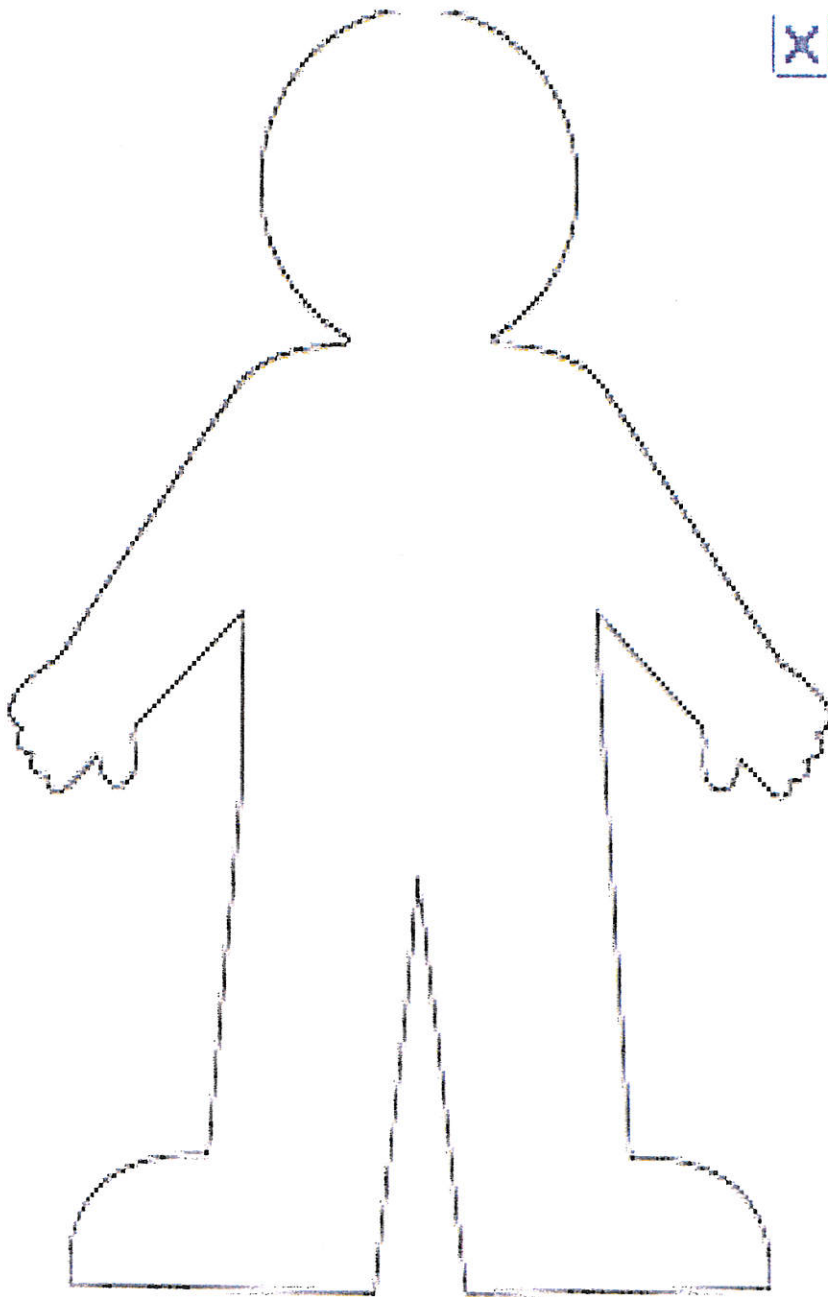
General:

Sweating	Cold	Trembling
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Others:

Name: _____

When I feel worried or stressed, my body might show signs of worry. Here are the signs that I might feel:



Headache

Tears/crying

Breathing fast

Sweaty hands

Stomach hurts

Dizzy

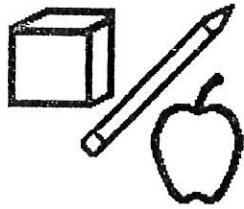
Heart beating fast

Cold

Tight neck and
shoulder muscles

What makes you feel angry?

touches your things



wait



mean



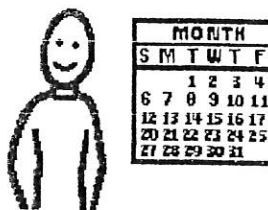
I don't understand



rude



plans change



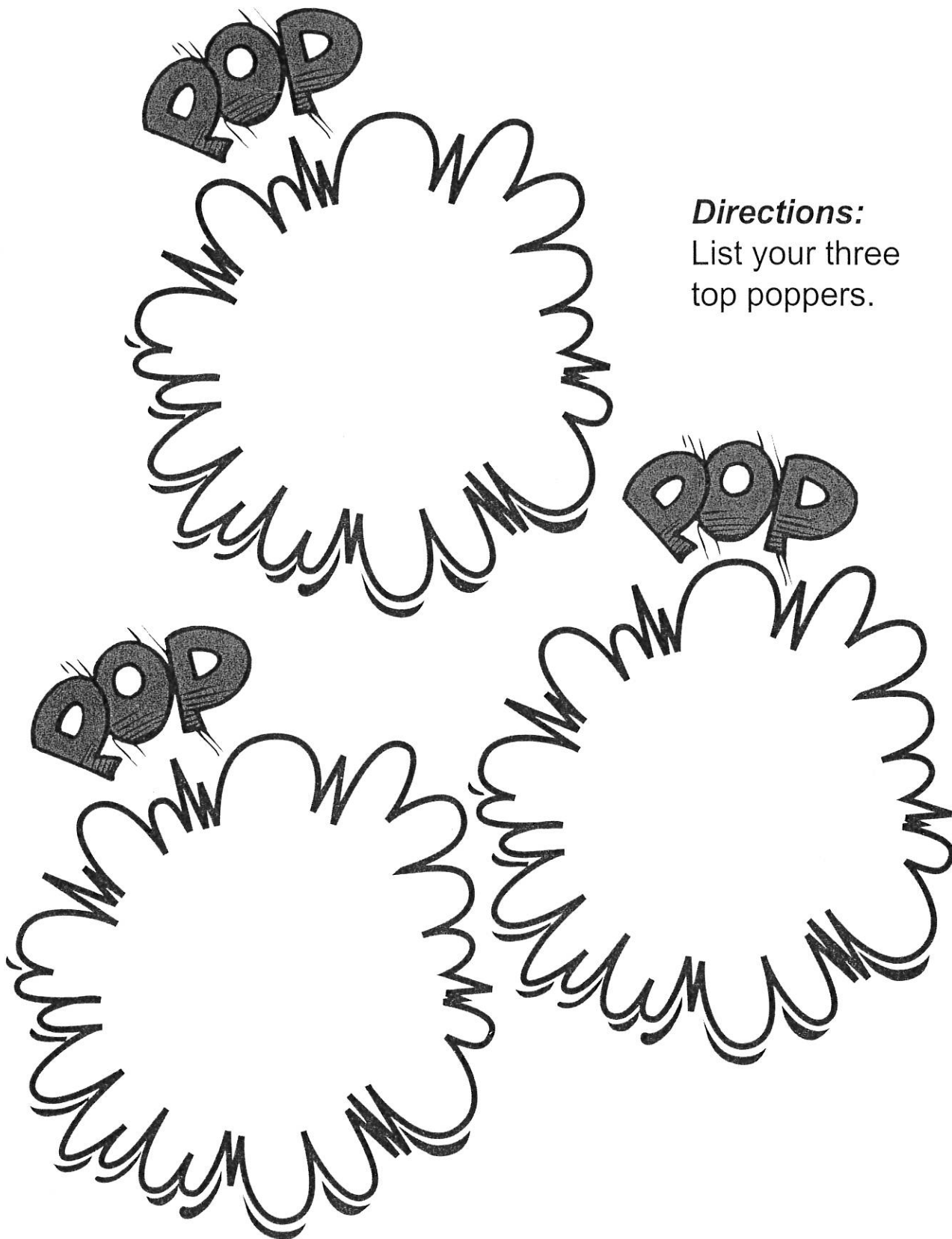
does not listen



What Are My Poppers?

NAME _____

DATE _____



Directions:

List your three
top poppers.

What makes me angry

1.

2.

3.

4.

5.

6.

7.

8.

LAKE RIDGE COMMUNITY SUPPORT SERVICES

Parent Training Session: Coping Skills

Anger Triggers Worksheet

WHAT MAKES ME ANGRY?

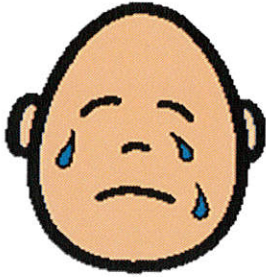
Go through the list of statements and place a checkmark next to the statements that are triggers for you to become angry.

Statement	True
Someone cuts me off in traffic	
When I am treated unfairly	
When people don't listen to me	
When the dog pees in the house	
When I get interrupted	
When the kids don't put their shoes/clothes away	
When there are dirty dishes left in the sink	

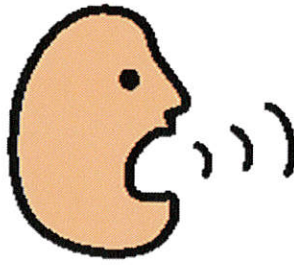
Anger Output

Circle the ways you release your anger

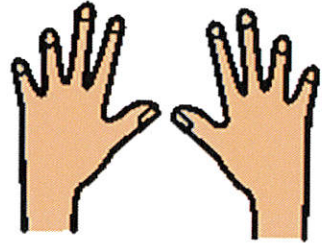
Eyes



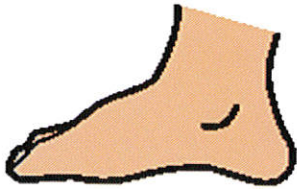
Mouth



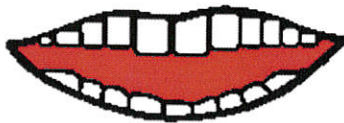
Hands



Feet



Teeth



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--

--

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When I get Angry I...

1.

2.

3.

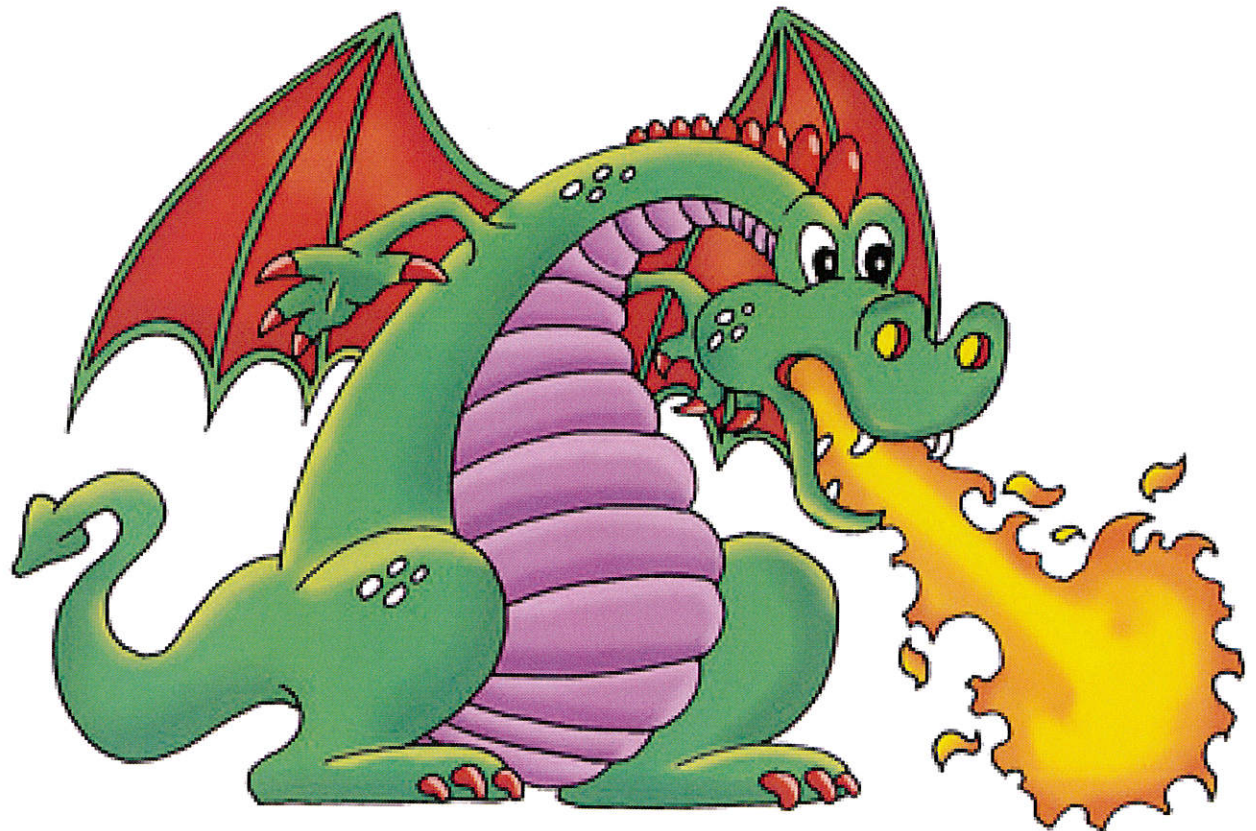
4.

5.

6.

7.

8.



When you feel scared or upset you can breathe like a **FIRE – BREATHING DRAGON** to feel more brave and strong!

- 1.** Take a Deep Breath...Hold It...And Count to 5: **1...2...3...4...5**
- 2.** Then Blow it All Out **LONG** and **SLOW** Through your Nose....Like a **FIRE – BREATHING DRAGON**
- 3.** Then Repeat with **SMALLER, SLOWER** Breaths...until you are ready to be **Brave and Strong!**

Rosoman, C. (2008).

What do you do to Relax?

1.

2.

3.

4.

5.

6.

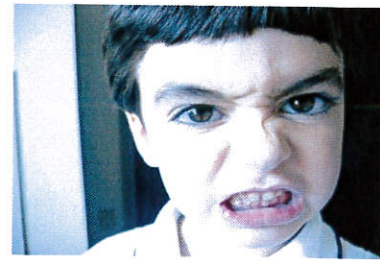
7.

8.

1

Face

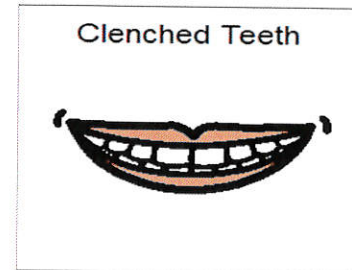
Make an Angry Face



2

Jaw

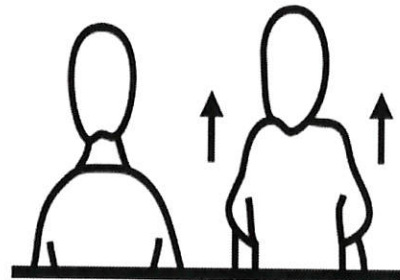
**Clench Teeth
Together**



3

**Neck and
Shoulders**

Shoulders Up



4

**Arms and
Hands**

**Arms Straight Out
and Make A Fist**



5

Stomach

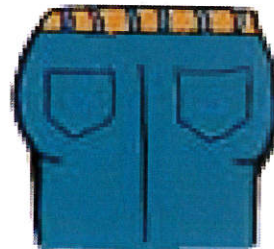
Suck it in



6

Thighs

**Squeeze Your Butt
Cheeks Together**



7

**Legs and
Feet**

**Legs Straight Out
and Curl Your Toes
In**



Teaching the Traffic Light

1. Start by identifying all the parts of the traffic light. See if _____ can identify them on his own. (Green for go, yellow for caution may need to stop, and red for stop). If he is unable explain it to him. Focus on yellow being a warning to stop.
2. Teach him the new meaning for the traffic light that's for him.

Green: Happy thoughts

Make a list together of some of his happy thoughts.

Negative thoughts (angry, frustrated, scared, etc.)

Make a list of some of his negative thoughts. Talk about the feelings he gets in his body when he has those negative thoughts (use the picture of the human body). Explain when he has these feelings and thoughts that he needs to get ready and to stop. When he stops he has try one of his calming activities or coping strategies before he gets to red. Role play activities where he would start with a green thought, turn to yellow and by using coping strategy bringing it back to green.

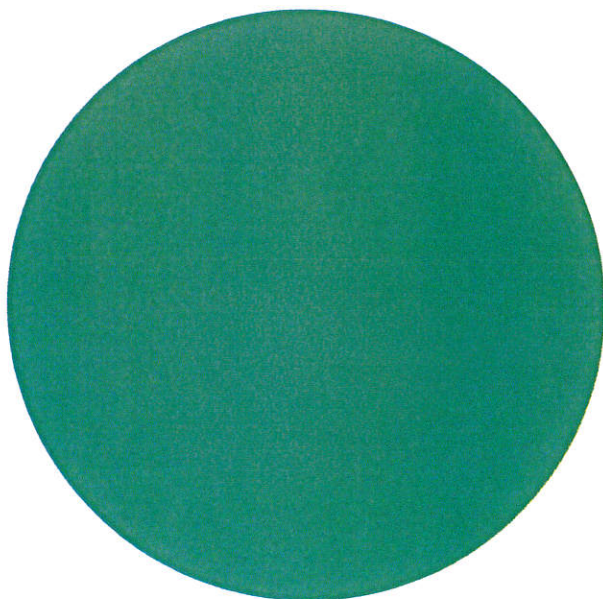
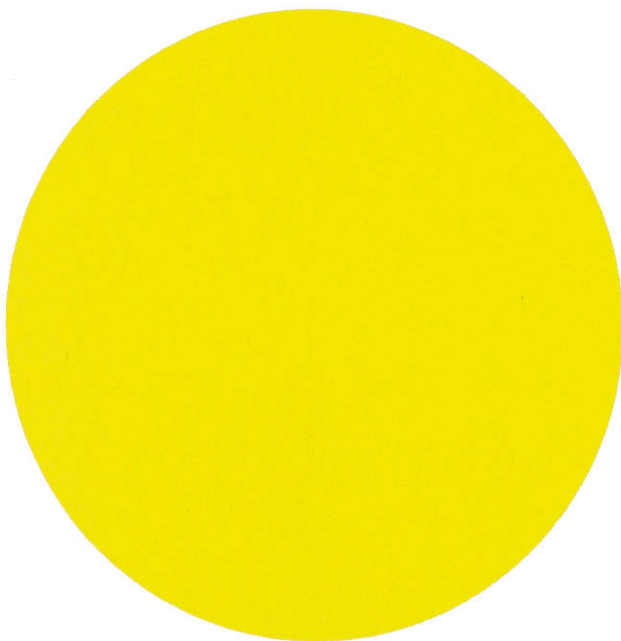
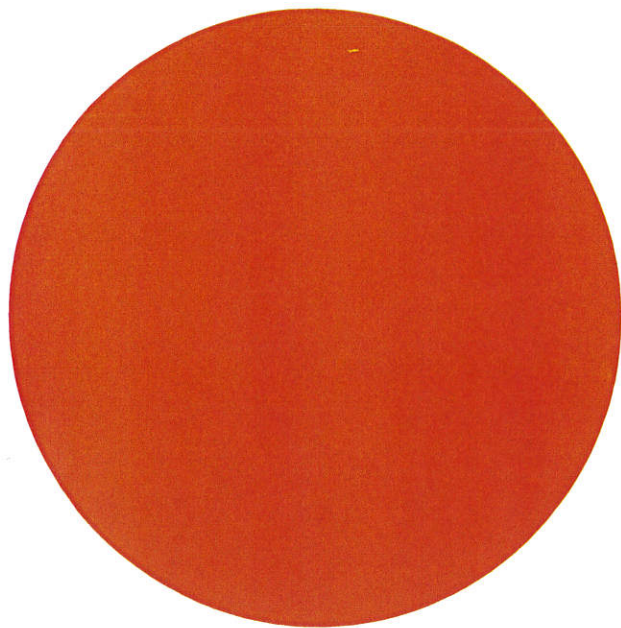
Red: Emotional Outburst

3. Practice with role playing, modeling and prompting.

Green Light

Yellow Light

Red Light



My _____ Scale

Looks like

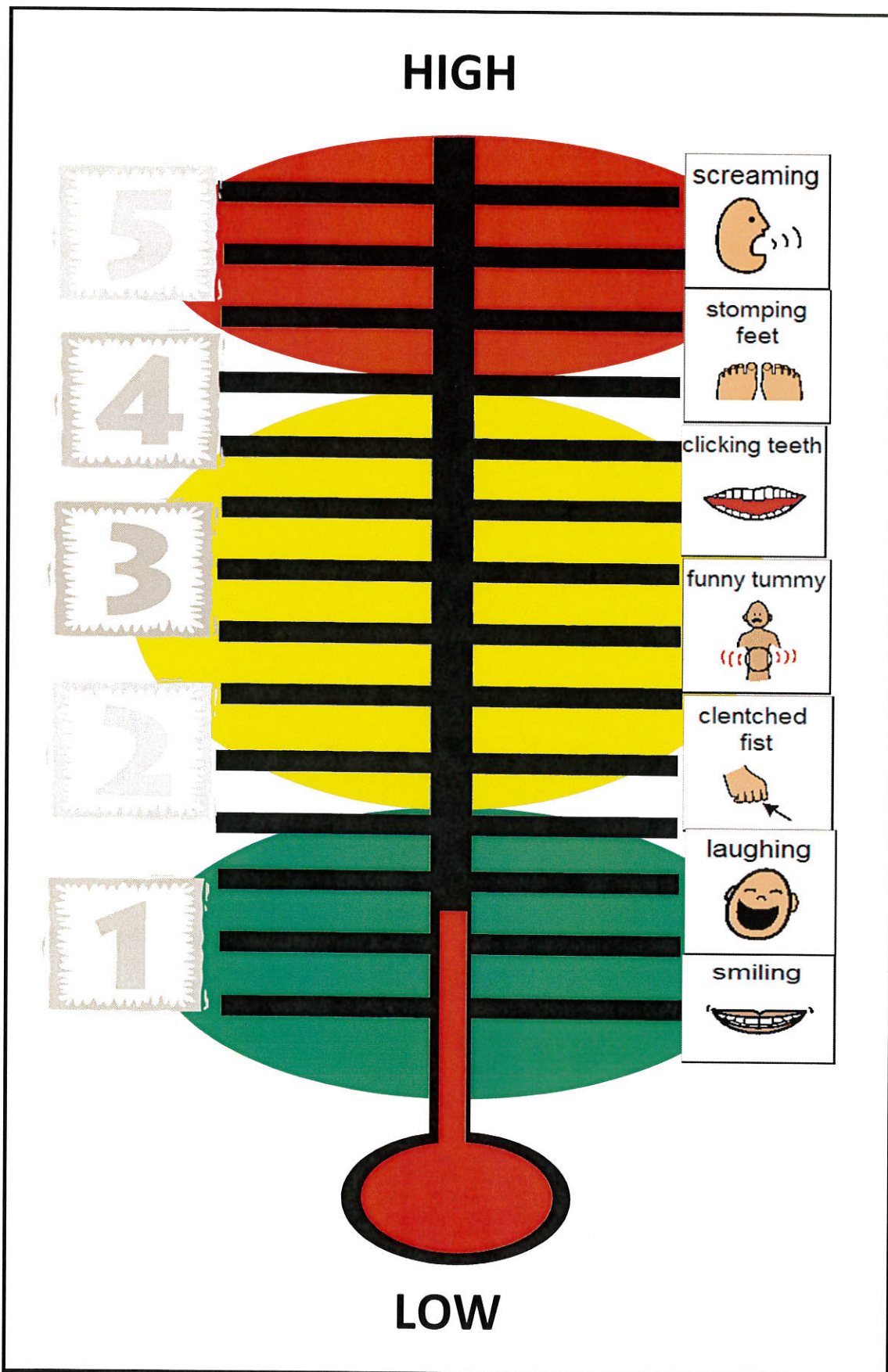
Feels like

I can *try* to

5			
4			
3			
2			
1			

CHECK IN





Visual prepared by Ellen Spittle, Behaviour Consultant, Lake Ridge Community Support Services,
espittle@lrcss.com

Visual developed using "The Incredible 5-point Scale" by Kari Dunn Buron Mitz Curtis, 2004 and The Traffic Light adapted from:
Kuypers, L.M. (2011). The Zones of Regulation.