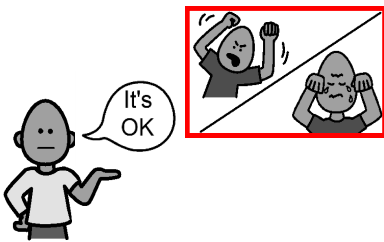
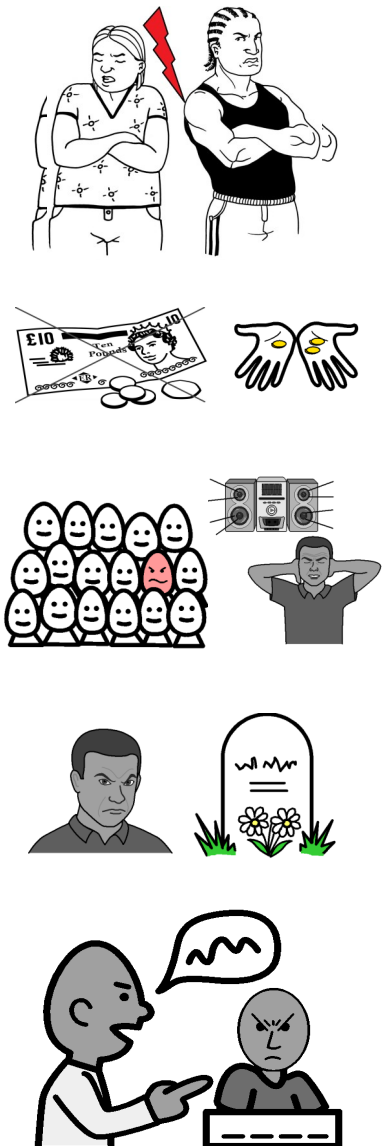


# About Anger



Anger is a feeling we can get towards someone or something when we feel wrong has been done to us.

**We can all feel angry at times.**

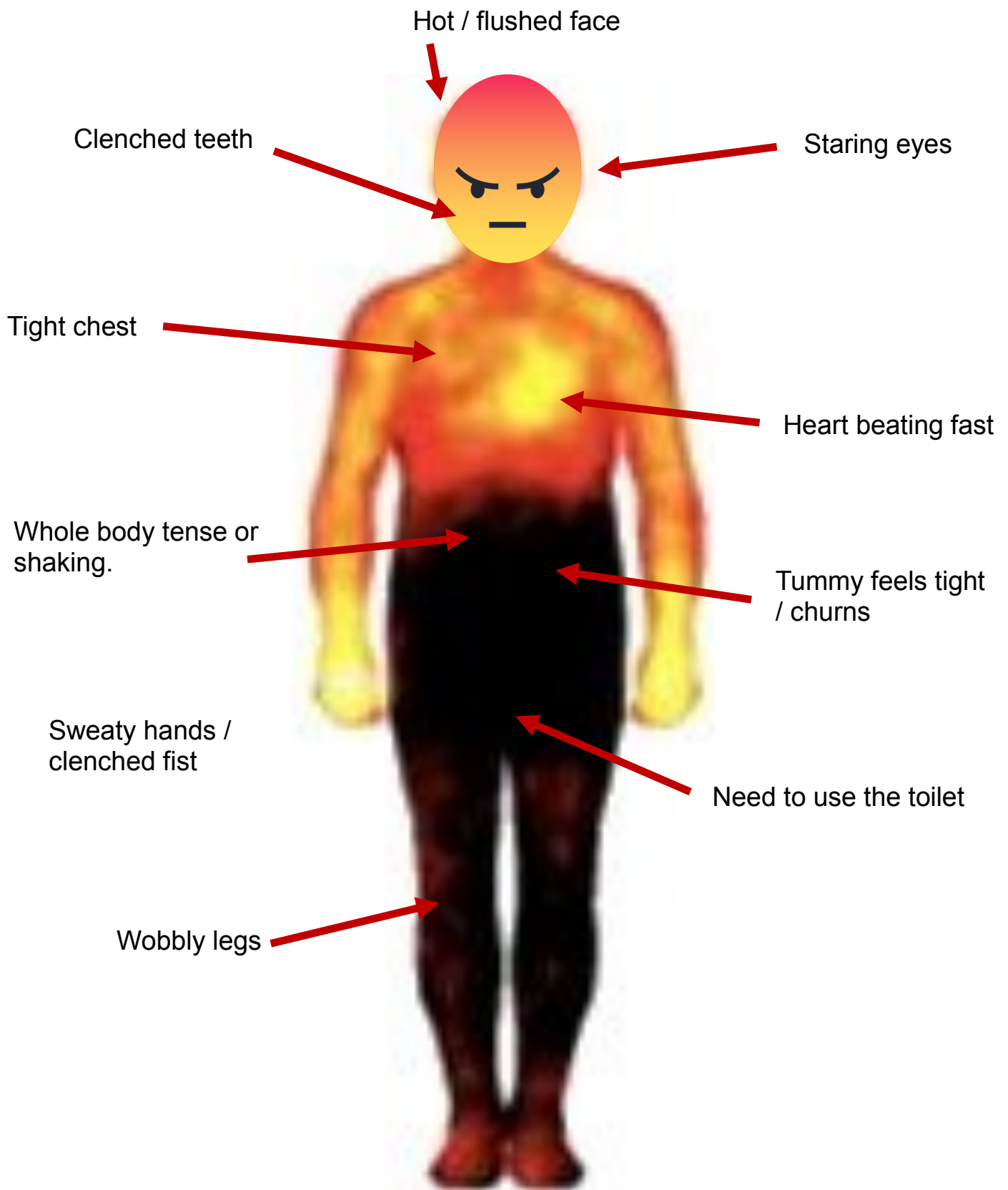


For example when:

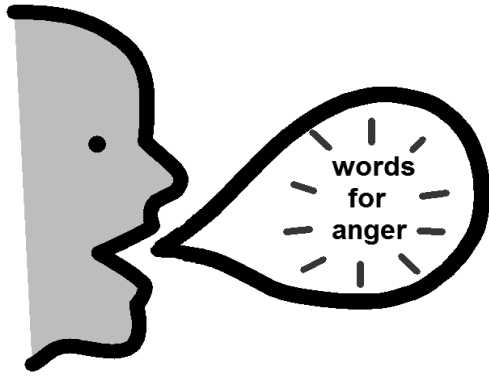
- Someone ends a relationship with you.
- Having little or no money.
- When places are too busy or too loud.
- When somebody has died.
- When somebody says bad things to you.

**There are LOTS of reasons why someone can be angry. Can you think of some more?**

## What happens to our body when we get angry?



You might not get all of these feelings, everyone is different, but feeling angry happens to us all.

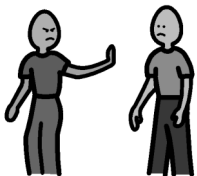


## Words that also mean anger:

- Rage.
- Mad.
- Cross.
- Furious.
- Irritated or annoyed.
- Fuming.

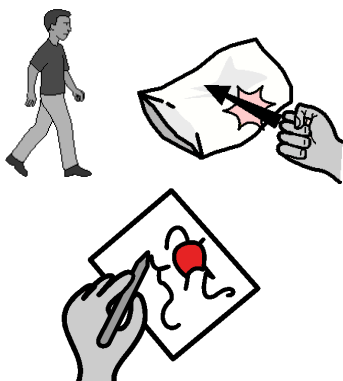
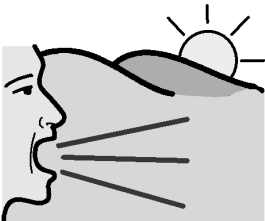
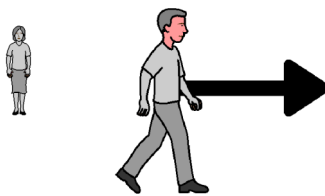
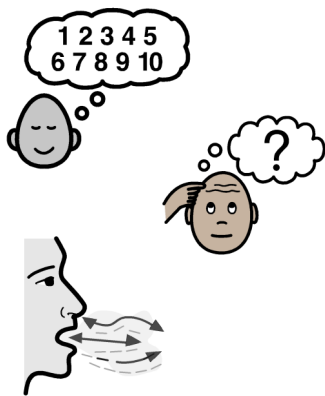
## Sometimes we feel angry because we think:-





## When we are angry we might:

- Shout.
- Swear.
- Hit / break things.
- Hurt ourselves or others.
- Cry.
- Want to be alone.
- Feel sad / low
- Rock back and forth.
- Roll or sit on the floor.



## How we can control our anger:

- Count to 10.
- Think before you act.
- Take deep breaths.
- Tell someone you are angry.
- Walk away.

## We can let our anger out in a safe way by:

- Talking to someone we trust.
- Finding somewhere safe to shout and scream.
- Going for a walk or a run.
- Hit a pillow or soft cushion..
- Draw or scribble how you feel.

If self-help does not work and you feel your anger is getting worse, contact your **community learning disability team** for help.