

The Anger Map

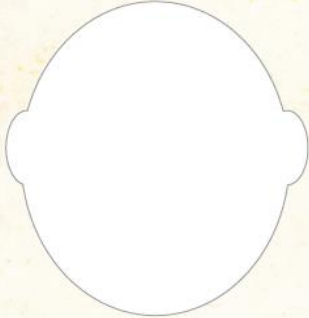
Purpose - to understand anger.

Students fill in the anger map individually. Thanks to it **they can learn about their anger and their reactions to it.** Then, they present their maps to other members of the group.


Your name _____

Anger Map

What kind of face do you have when you are angry? ▼



What things do you say? ▼




How do you behave when you're angry? ▼

What happens to your body when you're angry? ▼


Other ways of handling my anger ▼

▶


What could your anger help you to achieve? ▼




Have you learnt anything about your anger? ▼



What helps when you're angry?





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