

WEEKEND WORKBOOK: UNDERSTANDING ANGER

Activities for calm reflection —
to help little minds understand anger 🌈



HANDLING MY ANGER

Decide what is helpful (do's) and what is not helpful (don'ts) when trying to manage anger. Cut the words and paste in the columns.

scream

yell

chill out

wind myself down

relax

kick

remain calm

destroy things

play with
fidget toy

hit

find a calming area

listen to music

show respect

threaten

talk it out

remain positive

The do's

The don'ts



HOW ANGRY FEELS!

Describe how different parts of your body feel when you get mad, then write three ways you can calm down when you're mad!

My ears feel

.....

My face feels:

.....

My belly feels:

.....

My hands feel:

.....

My eyes feel

.....

My mouth feels:

.....

My chest feels:

.....



When I get mad I will...

.....

WHEN I FEEL ANXIOUS...

I THINK

What are some thoughts that go through your head when you are anxious?

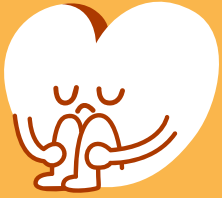
I SAY

What are some things you say to others when you are anxious?

I DO

What are some things you do when you are anxious?





MAKE IT WORSE

When I'm already anxious or nervous
these things make it worse!

1. _____
2. _____
3. _____
4. _____
5. _____



These things help me feel better!



1. _____
2. _____
3. _____
4. _____
5. _____

I FEEL SAD TODAY

Answer these questions to help you explore
your feelings of sadness today



What happened to make you feel sad?

What other feelings are you experiencing?

How long have you been feeling this way?

What has happened to make it better?

What has happened to make it worse?

What do I need right now?

What can I do to start feeling better?

1.

2.

3.

4.

I'M SAD!



Color in each bubble that makes you feel sad

When my family members argue

When I get left out of doing something

When people ignore me or don't listen

When someone is mean or disrespectful to me

I get left out of doing something

When I get a bad grade in school

When I feel unloved or unwanted by certain people

When I'm away from my friends

When other people are upset with me

When people don't care about me

When other people are upset with me

When something goes wrong

When I'm away from my parents

When I lose something or someone I care about

When someone breaks a promise or lies to me

THE SADNESS RESPOND-ER!

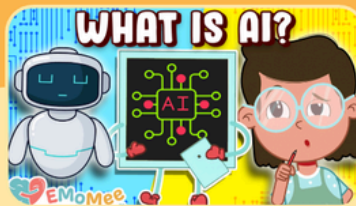
If there was a person who could respond perfectly whenever you're feeling sad, what would they say or do to help you calm down?





About Emomee:

EMoMee on YouTube



Emomee blends cartoons to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes our characters- E, Mo & Mee - guide kids through big questions like “Who invented toothbrushes?” and “What if we never wash our hair?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure.



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