My Anger Detective

Explore one angry moment when you feel calm. Draw, write or tell your adult.
Anger is a feeling everyone has. You can skip any question.

Name (optional): _____ Date: _____

1 What happened?

Draw or write about the moment. What was happening around you?

2 My body clues

Tick any clues. Add your own.

- ☐ Hot face
- ☐ Tight hands or muscles
- ☐ Fast heartbeat
- ☐ Funny tummy

My clue: _____

3 How big was my anger?

Colour the bar up to your level.

- 3 Very angry
- 2 Angry
- 1 A little angry
- 0 Calm

4 What did I do next?

What did I say or do? Did it help, or make things harder?

_____

5 What could help next time?

Circle an idea: slow breaths / count slowly / ask for help.
Or draw your own idea. My adult can help me practise it.

For adults: explore together without blame; this is not a punishment. If anger is causing harm or feels hard to manage, seek support from a qualified professional.