My Plan for Angry Moments

Make this plan together when you feel calm. Keep it somewhere easy to find.
Feeling angry is OK. We can find safe ways to show it.

Name (optional): _____ Date: _____

1 I know anger is growing when...

Draw or write your first body clues.

2 Two things I can try are...

Tick or add ideas. Practise them with your adult when you feel calm.

- ☐ Slow breaths
- ☐ Count slowly
- ☐ Ask for a break
- ☐ My idea: _____

3 My safe place and my helper

A place I can take a break, and a trusted adult who can stay nearby:

4 I can ask for what I need

Finish: "I feel..." and "Please help me with..."

5 When I feel ready...

What could I say, draw or do to help us talk about what happened?

For adults: help your child use the plan and keep everyone safe. Do not require talking or an apology while they are overwhelmed. Seek professional support if anger causes harm.

My Plan for Angry Moments

Complete this when you feel settled. Choose realistic steps you can practise.
Keep the plan accessible and update it as you learn what helps.

Name (optional): _____ Date: _____

1 My early warning signs

What changes in my body, thoughts or behaviour tell me to pause?

2 My pause plan

What will I do? If I take a break, how will I say I need one?

3 My support and safe space

Where can I go safely? Who can I contact, and how?

4 How I can express what I need

Try: "I feel... when... I need / would like..."

5 Returning to the conversation

When it is safe and I am ready, what could I say or do to reconnect?

Only reconnect when it is safe. Threats, violence or abuse need additional support; a worksheet is not enough. If anyone is in immediate danger, contact local emergency services.