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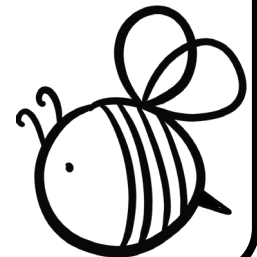
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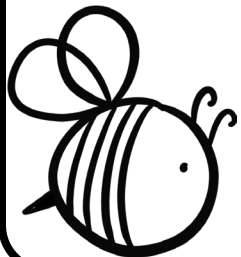




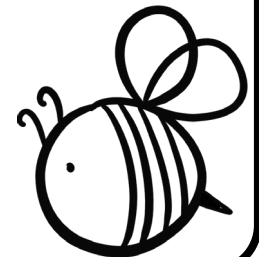
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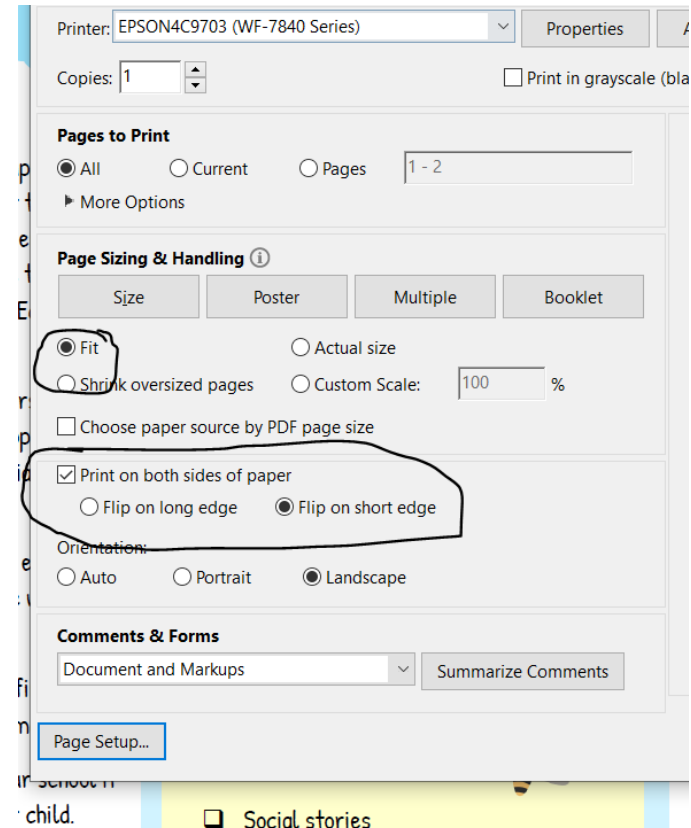
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# Scaling your feeling



Scaling your feeling means that you decide how intense your feeling is. Is it raging anger or just mildly irritated. It can be helpful to scale your feeling. What number would you say your feeling is? If you take action at 2 or 3 then you might be able to avoid getting very angry.

5	furious
4	angry
3	frustrated
2	bothered
1	calm

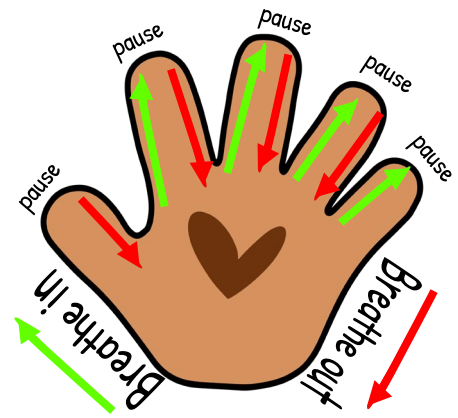
If you need more help speak to

# How to cope



There are lots of ways of coping with big feelings. One simple technique is using breathing exercises. This can help that adrenaline response to calm itself down.

Here is an example using your hand



Repeat until you feel calmer

## Changing your thoughts

It can be helpful to try changing your thoughts. When you have negative thoughts it can make you feel bad. When you think more positively it might help you to feel better.

Can I change my thoughts?

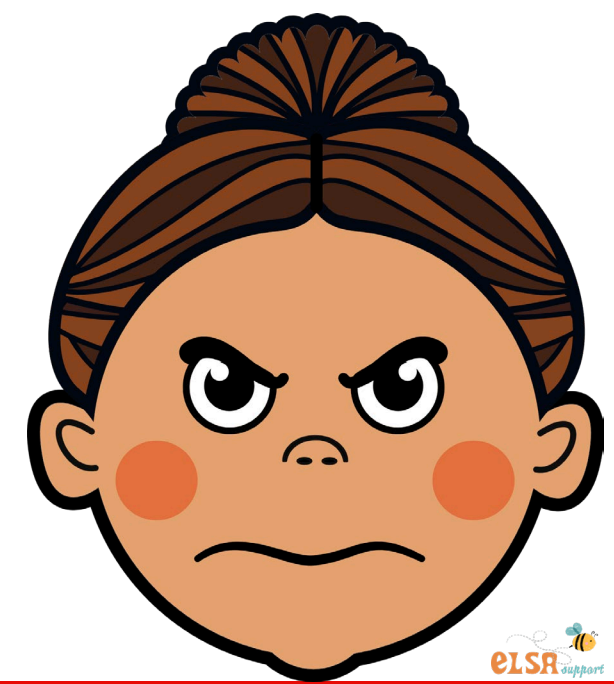
Is there another way of looking at this situation?



# I feel

# angry

A guide for pupils



## What is anger?



Anger is an intense emotion that we all feel from time to time. It is totally normal to feel angry. However, acting on anger can cause problems and you might find that your anger is causing you problems.

## Find the trigger



A trigger is something that has caused you to feel angry. It lights up your anger.

Anger can stem from a situation that has happened. It might be:

- Unfairness
- Disrespect
- Being blamed for something
- Being picked on or bullied
- Being told 'NO' about something you want to do

Anger can stem from physical feelings which can easily be fixed such as:

- Being tired
- Being hungry
- Feeling ill

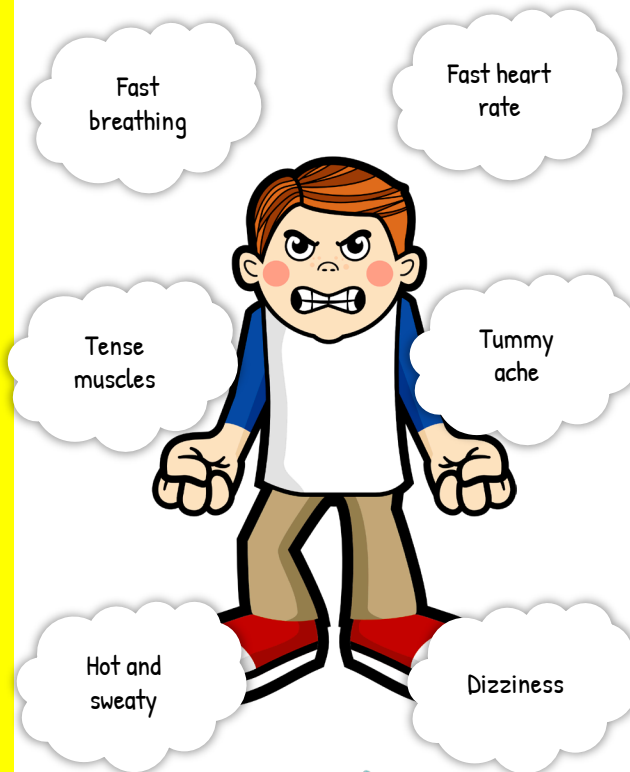
Sometimes you might feel angry because there is another emotion that you are feeling. Being sad, lonely or worried for example.

It might be helpful to think about what might be making you feel so angry.

## What is going on in your body?



When anger is triggered, lots of things go on in the body. This is called the adrenaline response. Adrenaline is released into the body and can cause a whole range of physical feelings in the body. It could be tense muscles, raised heart rate, hot and sweaty, fast breathing, tummy ache, or even dizziness. The body is preparing itself to fight or run away. This anger response can be incredibly scary and confusing



## Labelling a feeling



Labelling a feeling means giving your feeling a name. There are lots of words for anger such as:

- Mad
- Furious
- Livid
- Annoyed
- Irritated
- Fuming

Try to learn as many words as you can to put a name to the feelings you have.

Labelling that feeling and talking about it can reduce the feeling massively.



Tell someone how you feel