



## Controlling Anger

# What Makes Me Mad



1. Write or draw at least ten things that make you mad.
2. When you are done, look them over and circle the thing or things that make you the most mad.
3. Now put a star or check next to the things that happen the most.

## Controlling Anger



# What Are Your Anger Signs?

In the list below, check off what happens in your body when you feel mad. Then fill in the body signs you feel under each level on the thermometer.

Physical/body signs  
of being mad:

- Face growing hot
- Ears getting hot
- Shoulders lifting
- Tummy queasy
- Teeth gritting
- Eyes squinting
- Hands in fists
- Heart racing
- Breathing fast
- Fidgety
- Seeing red
- Headache
- Stomach ache
- Throat tightening
- Voice screechy
- Mouth pursed
- Dry mouth
- Crossing arms
- Chest tightening
- Hands on hips
- Tension in legs
- Feet antsy
- Feeling hyper
- Sweating

Boiling Mad (Enraged)

Mad In Control

Getting Mad

A Little Annoyed

Calm & Happy

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