

For You to Know

Anger often comes from frustration. When your needs or desires are not being met, you feel frustrated, which can make you angry. When you learn to cope better with frustration, you will be much less angry.

Frustration can come from different places, like in these examples:

Frustration can come when you don't get what you want.

Jenna wanted to be picked for the lead in the school play, but her friend Mary was picked instead.

Frustration can come when something is hard.

Shawn kept practicing and practicing his free throw, but he was still the worst on his team.

Frustration can come when you disappoint someone even though you tried hard.

Petra's parents said she could get a special treat if she got an A on her spelling quiz, but she only got a B.

Frustration comes when you disappoint yourself.

Sam wanted to lose weight, and he decided to stop drinking soda and eating ice cream. The rest of Sam's family had ice cream every night after dinner, and Sam found that he couldn't resist.

There are other things that frustrate many kids. Circle the ones that describe you. Then add any others you can think of.

I don't get enough sleep.

I eat too much sugar.

My parents bug me too much.

My friends bug me.

I put things off.

I spend too much time watching TV.


I'm in a bad mood a lot of the time.

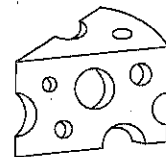
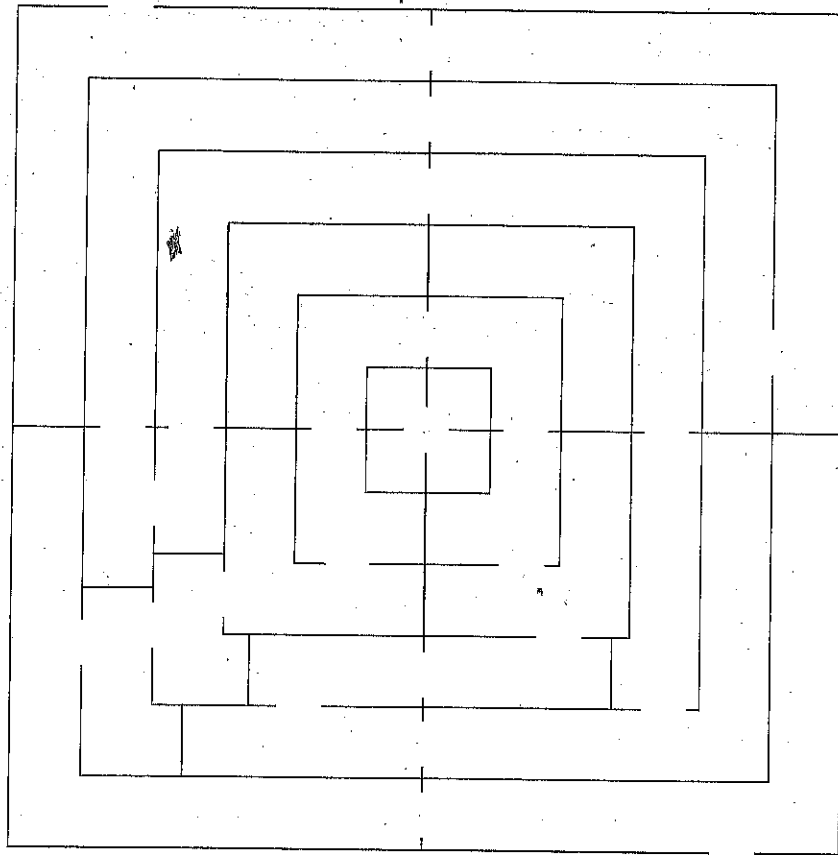
I have an annoying brother or sister.

I don't have my own room.

Other things that add to my frustration are:

Some of the things that frustrate you can be changed or reduced, but others cannot. The best way to handle frustration is to learn to keep cool and not let it make you angry. Doing this maze may help. It doesn't look too hard for you to handle, does it? Well, try doing it using the hand you don't usually write with. Pay attention to how you handle your frustration. After you finish the maze, rate yourself, with 1 = I Lost My Cool and 10 = I Was Completely Cool and Calm.

Start Here ↓  Help the mouse find the cheese.



Knowing What You Can and Can't Change

Activity 37

<i>Situations That Make You Angry</i>	<i>Situations You Can Change</i>	<i>What You Can Do to Change This Situation</i>	<i>Situations You Can't Change</i>	<i>What You Can Do to Cope with This Situation</i>

Managing Difficult Feelings

Activity 14

For You to Know

We all have many different feelings, including some that are upsetting. When you learn to manage all your difficult feelings, life will be much easier.

Anger is not the only difficult feeling people have. Here are some other difficult feelings:

- Jealousy
- Greed
- Worry
- Grief
- Envy
- Disgust
- Fear

Can you think of other feelings that are unpleasant for you? Write them here:

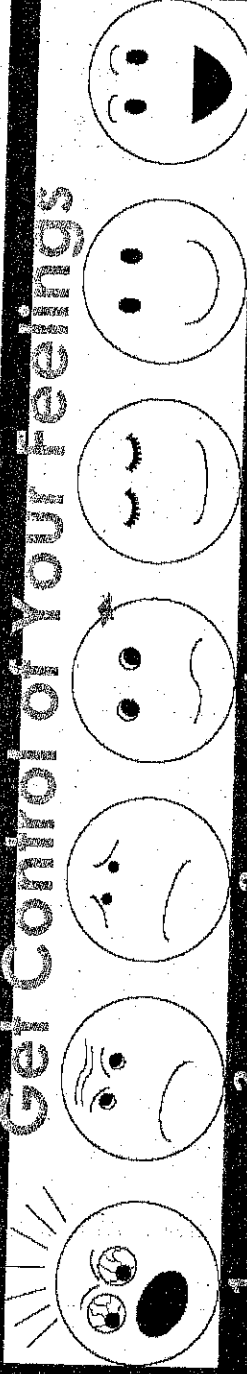
Some situations will almost always bring up strong and difficult feelings, such as the following:

- A hard test
- A visit to the hospital
- Someone calling you names
- Seeing a dead animal in the road

Can you think of other situations that bring up strong and difficult feelings in you?

The scale on the next page will help you understand and get control of your difficult feelings. Make several copies and cut them out. You can even use them as bookmarks. When you have difficult feelings, put your finger on the face that shows how you feel. Then see if you can use some of these techniques to help you get control of your feelings: deep breathing, muscle relaxation, relaxing imagery, creativity, writing, reading, taking a walk, or thinking about caring for others.

Get Control of Your Feelings



1
2
3
4
5
6
7

VERY Upset
Upset
Worried
Unsure
Relaxed
Calm
CONFIDENT

Twelve Ways To Control Your Difficult Emotions (Anger, Anxiety, Fears, Depression)

1. Take five deep breaths, letting each breath out very slowly.
2. Relax your body, starting with your neck and working down to your toes. You can massage each muscle group to help you relax.
3. Close your eyes and pretend that you are in a peaceful place. Use all your senses to experience this place.
4. Listen to quiet, relaxing music.
5. Stretch your body out like a cat waking up from a nap.
6. Slowly draw concentric circles. As you draw each circle, breathe deeply and feel yourself relax a little more.
7. Say, "I can do this," to yourself ten times. Each time you say it, feel calmer and more competent.
8. Read an article or a book about someone who inspires you.
9. Take a long walk, preferably in a scenic place.
10. Look at something beautiful, like a cloud or a flower, for at least five minutes. Pay attention to every detail.
11. Chew sugarless gum; it produces calming chemicals in your brain.
12. Think about, and be grateful for, all the wonderful things in your life.

Directions: The *Control Your Feelings Scale* can be used by anyone from age three to adult. Just point to the face that best describes your feeling. Try one of the above techniques for at least five minutes. Afterward, point to the face that then best describes your feelings, seeing if your score has risen. Try different techniques until you can raise your score to a 5, 6, or 7. For younger children, explain that they can control their feelings and feel better by using this special scale. Show them how to do any of the techniques by first doing it yourself.

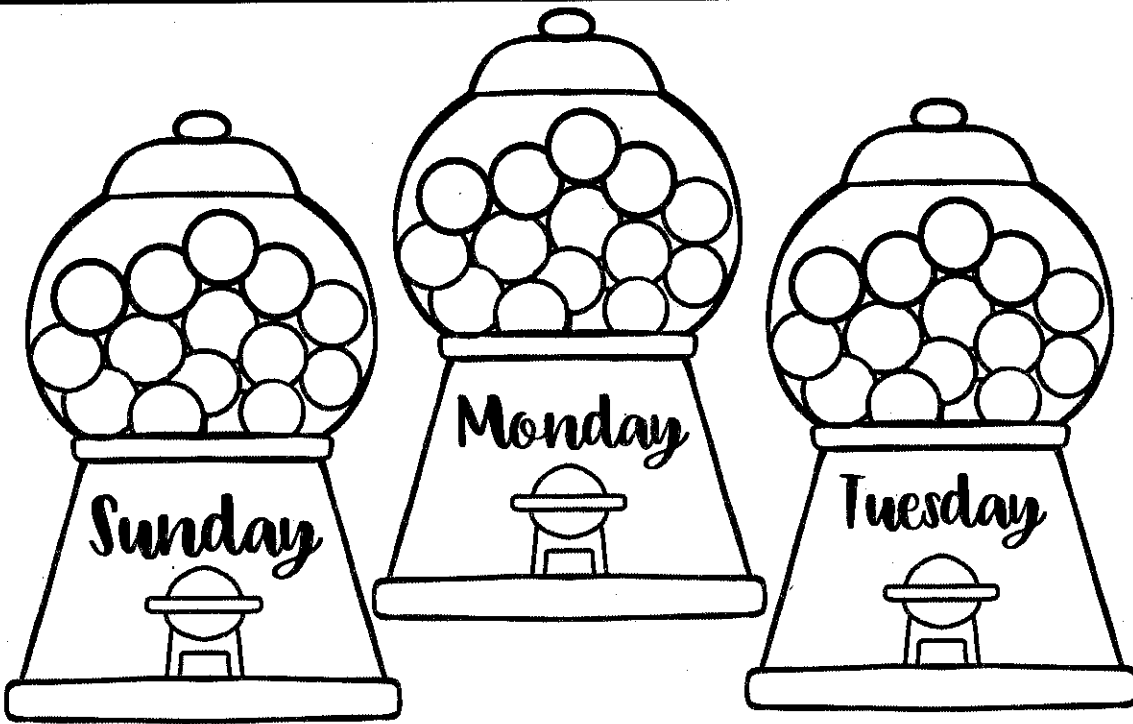
... And More to Do

There are some people who have to conquer their strong feelings so that they can do their jobs. For example, soldiers have to conquer their fear, and surgeons can't allow blood to upset them. Can you think of other jobs where a person has to ignore a strong emotion?

Sometimes you can't ignore a strong emotion, and this is okay. A funeral is a place where people allow themselves to be very upset, but this is part of the way they say good-bye to a loved one. Can you think of another time when it is okay to express strong and difficult emotions?

Some strong emotions are happy ones. Can you think of three times that you were so happy you could have jumped for joy? Did you?

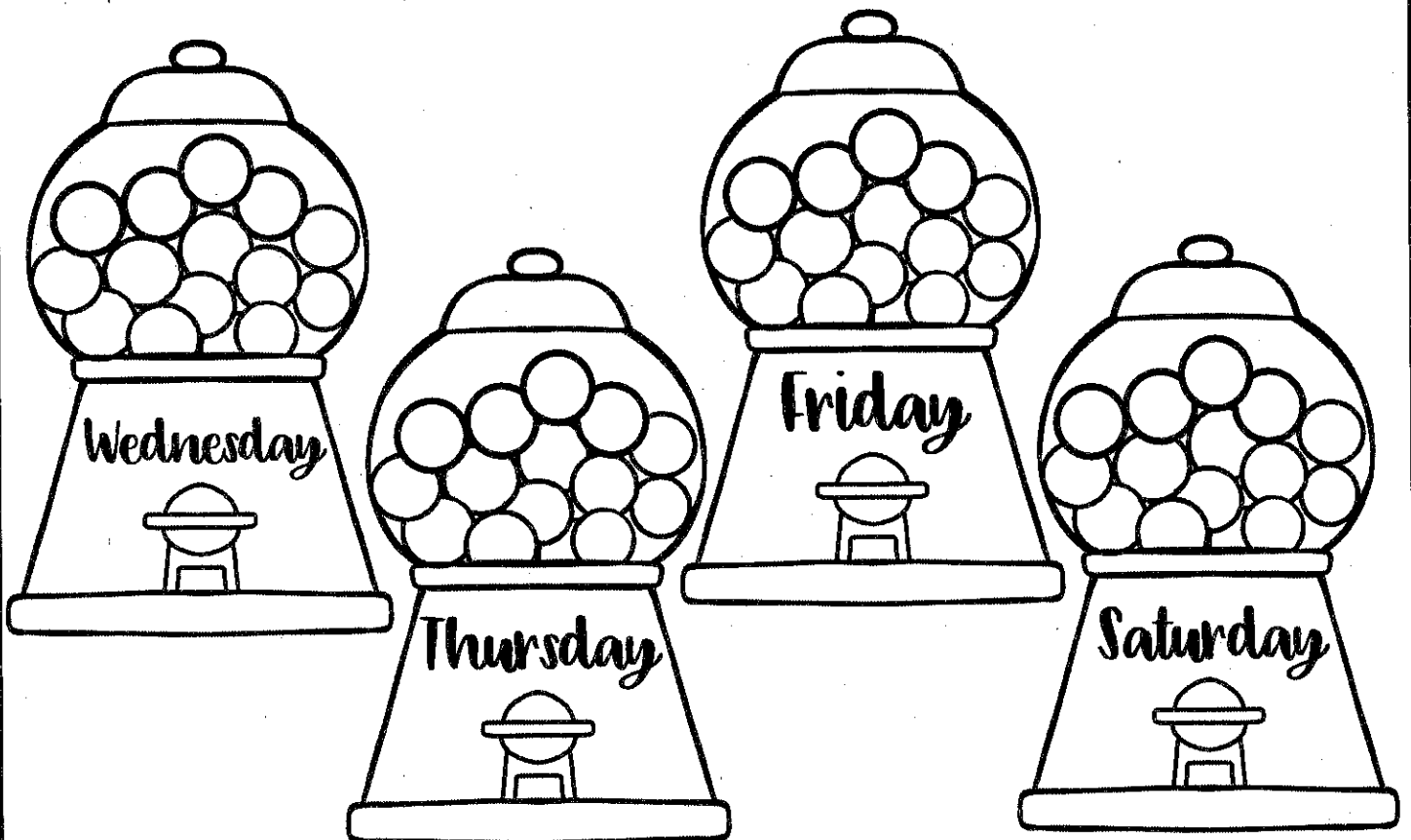
Everyone has a different way to express feelings. Some people are very expressive and some are very quiet about their feelings. On a 1 to 10 scale (1 = very quiet and subtle, and 10 = very loud and obvious), how do you rate yourself in expressing your feelings?



- Happy
- Sad
- Angry
- Scared
- Annoyed
- Bored
- Worried
- Confused
- Silly
- _____
- _____

What's Poppin'?

Throughout the day, notice how you're feeling each hour. Color the gumballs to show your emotions throughout each day. At the end of the week, look for patterns! What POPS out at you?



I'm Worth a Million Bucks

WORK SHEET

Directions: Complete the worksheet adding a picture of yourself, your good qualities, and listing the things you do well.

Some examples of good qualities are: friendly, respectful, honest, responsible, helpful, caring, cooperative, a positive attitude, etc.

Some examples of things we may do well are: good at math, music, sports, creative writing, drawing, problem solving, peacemaking, organizing, lego building, reading, etc.

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My Good Qualities:

Things I Do Well:

A Picture of Me

Valuable Important Priceless

The worksheet is designed to look like a million-dollar bill. It has a dark border with four dollar signs (\$) in the corners. The top left corner has a star-shaped logo that says 'WORK SHEET'. The main body of the worksheet is divided into three sections: 'My Good Qualities' on the left, 'Things I Do Well' on the right, and a large oval in the center labeled 'A Picture of Me'. Below the oval is a dark banner with the words 'Valuable Important Priceless' written on it. There are also decorative elements like a gear and a lightbulb on the right side.

Calm the Volcano



Directions: Circle the suggestions that would help calm down our angry volcano or let off steam – remember, it needs to meet the 3 guidelines about anger. Strike through the ways that would make our anger worse.

"That's not fair!"
 I can walk away.
 "I can handle this!"
 I can sit down and take some deep breaths.
 "I never get to do anything."
 "He did that on purpose, I'll get him back."
 "Nobody likes me. I'm no good."
 I'll just turn around and walk away.
 I don't like the consequences of my anger out of control.
 I can count to 10 and tell myself to calm down.
 I can listen to music and get in a better mood.
 Since I didn't win I'll call her a cheater.
 I'm so mad, I'll kick the wall.
 I'll just break the toy if they won't let me play.
 I can talk to an adult or friend I trust.

When I am angry:

1. I may NOT hurt MYSELF.
2. I may NOT hurt PROPERTY.
3. I may NOT hurt OTHERS.



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The Printout for Feeling Management



Describe the situation:

Name the feeling:

I will handle my feeling by:

FEELINGS

- Sad
- Mad
- Happy
- Scared
- Worried
- Frustrated
- Overwhelmed
- Annoyed
- Confused
- Excited

WAYS TO HANDLE MY FEELINGS

- Take a deep breath and count to calm down.
- Talk to a friend or adult you trust.
- Listen to music or sing to improve your mood.
- Do a physical activity like jumping rope or running.
- Write or draw a picture about the problem.
- Be honest and talk with the person in a caring way.
- Read a book or play a game to give your mind a break.

You are in charge of what you say and do.

