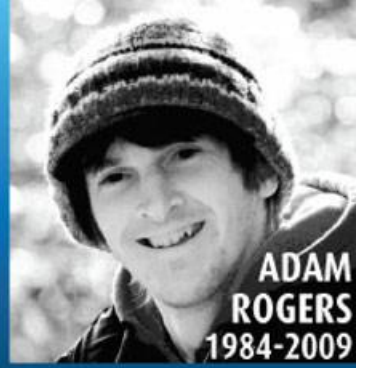


every action has CONSEQUENCES



ANGER BAR WORKSHEET

The detective showed Jack his 'anger bar' throughout the day. Take a look at the situations below. How would you react? **Colour in your 'anger bar'**

1. Someone has damaged some property and is asked to 'own up'. Nobody takes responsibility and everyone else is punished as your group trip to a theme park is cancelled.

Your Anger Bar

1	2	3	4	5
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Does not bother me

Makes me feel a little uncomfortable

Makes me feel stressed

This upsets me

I'm going to explode!!

How do you behave when you're angry?

What happens to your body when you're angry?

What helps when you're angry?

