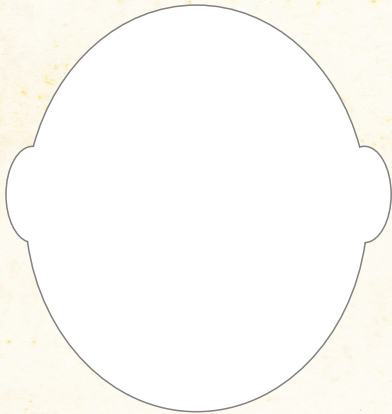


Your name

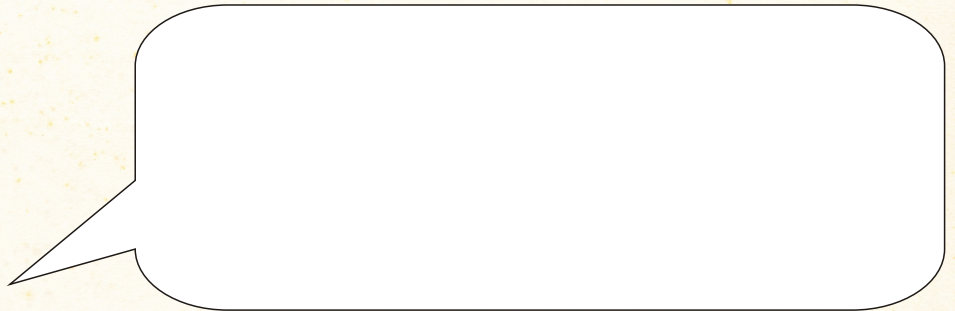
Anger Map



What kind of face do you have when you are angry? ▼



What things do you say? ▼



How do you behave when you're angry? ▼

What happens to your body when you're angry? ▼

Other ways of handling my anger



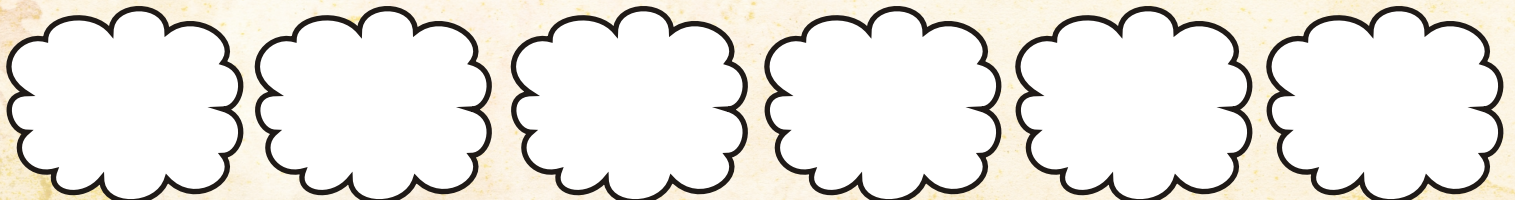
What could your anger help you to achieve? ▼



Have you learnt anything about your anger? ▼

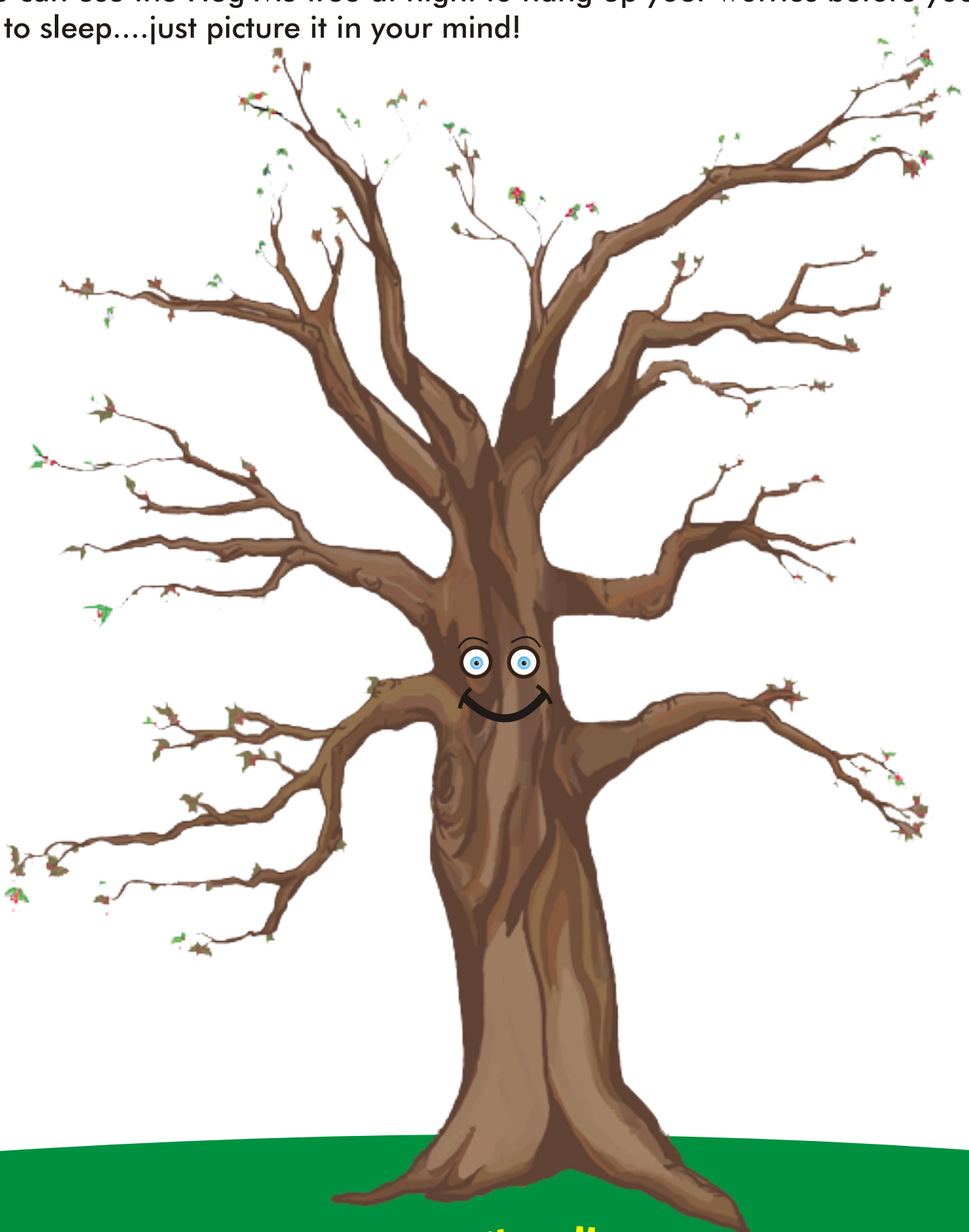


What helps when you're angry?



Letting Go Of Worries

Imagine that there is a tree called the **Hug Me** tree. It is so big and has so many branches that it can take away all your worries for you. Draw or write about any worries you might have and hang them on the branches. You can use the Hug Me tree at night to hang up your worries before you go to sleep....just picture it in your mind!



Imagine yourself giving the **Hug Me** tree a great big hug!