

Anger management in Chance UK children



Worksheet 1

Many of the children referred to Chance UK have difficulties managing their anger.

The causes and roots of this anger may be numerous, complex, and varied depending on a range of factors. At Chance UK, we are more interested in what the child would be like if they managed their anger better, and what they are already doing that is working.

Exercise

Considering your own anger can help you understand the anger of others.

Think of something that has made you angry recently.

It doesn't have to be something that made you absolutely furious; it could simply be something that annoyed or irritated you.

What happened that made you feel angry?

What did you do to deal with the anger (either before what happened, or while it was happening)?

Did this work?