

Anger Stop Signs



Anger starts out small, and slowly grows. When your anger is small, you might not even notice it. This is when you are just starting to feel upset about something, but it still doesn't seem like a big deal. Someone at this point might say they are "annoyed".

Draw what you look like when your anger is *small*. This is when you're just a little bit angry.



If your anger has the chance to grow too big, it becomes hard to control. It's like a car without brakes, crashing through everything in its path. It's very hard to stop. Someone who's this angry might yell, hit, cry, or try to break things.

Draw what you look like when your anger is *big*. This is when you're very angry.

Anger Stop Signs



Anger stop signs are clues that your body uses to let you know your anger is growing. These clues start to appear while your anger is still small. If you notice them in time, you can hit the brakes, and take control of your anger before it grows too big.

Everyone has their own anger stop signs. It's important to learn what yours are, so you can spot them in the future. Write your anger stop signs in the space below.



Common Anger Stop Signs

My face feels hot.

I start to shake.

I raise my voice.

I go quiet.

My eyes get watery.

I try to bother people.

I can't think straight.

I feel annoyed.

I want to hit something.