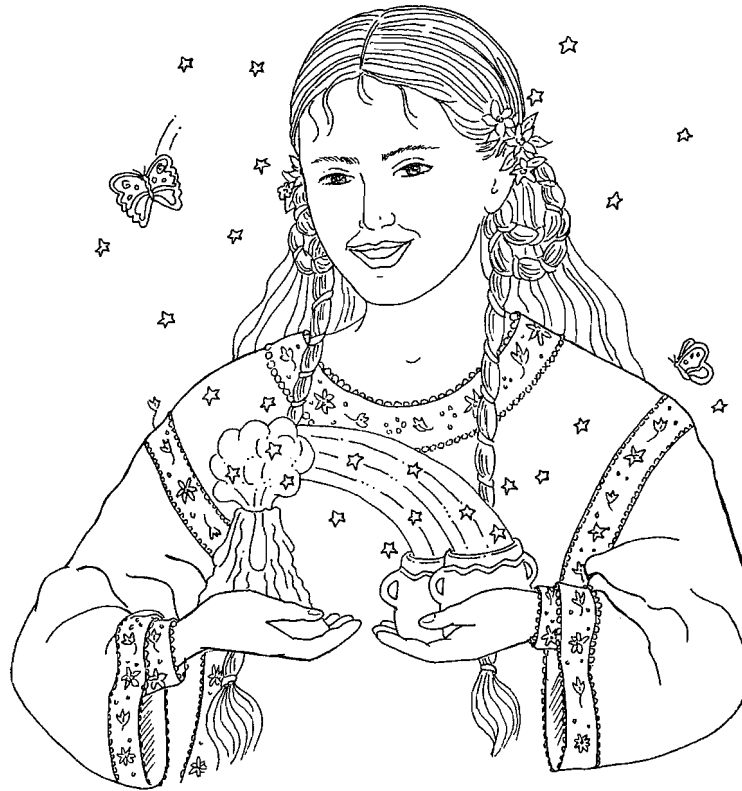


EXPLORING ANGER

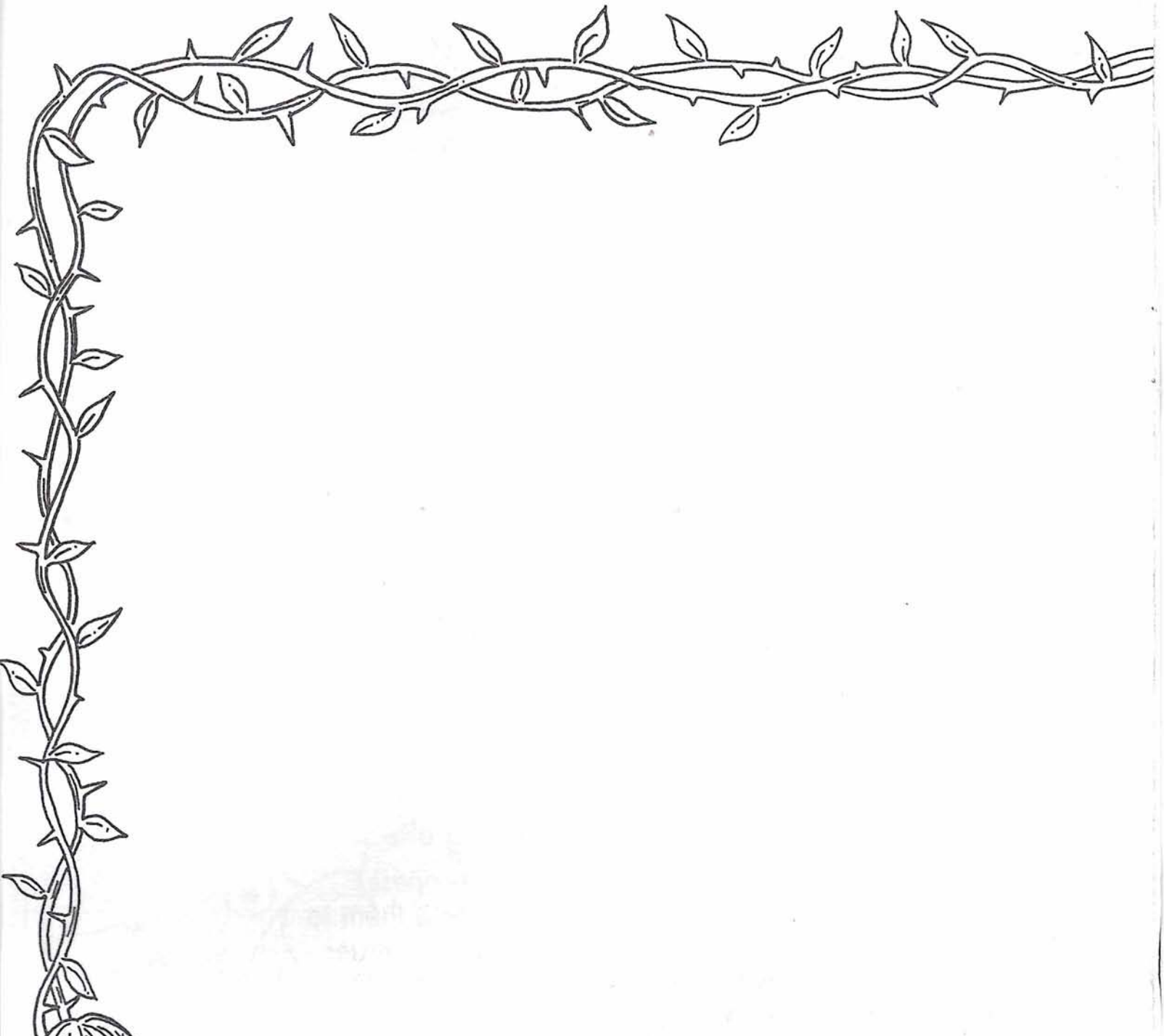
**An Enchanté
Inner-Active Book**



**Written by the Enchanted Family
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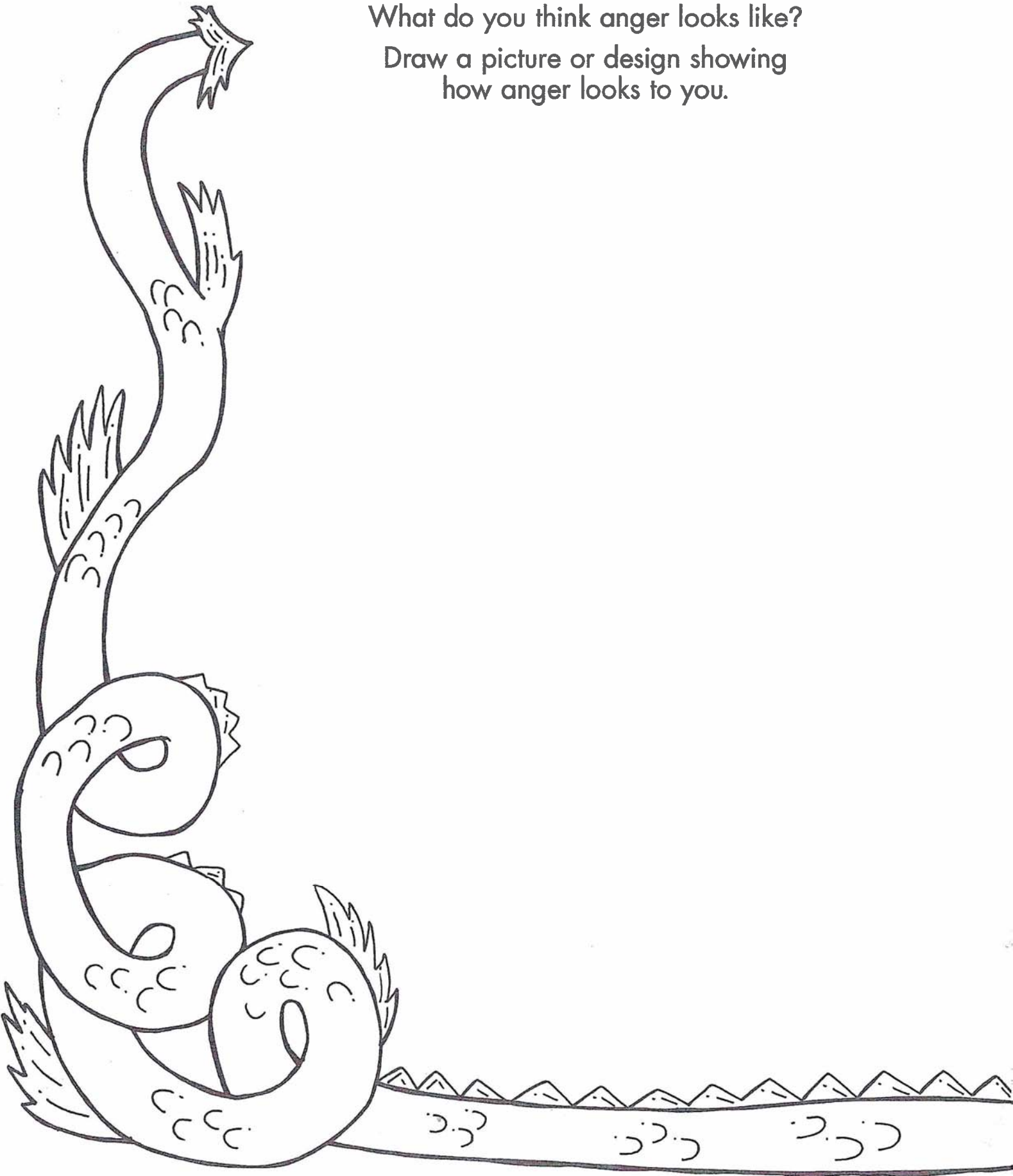
Concept by Ayman Sawaf, Liz Farrington, and Gudrun Höy. Design and art direction by Jaclyne Scardova.
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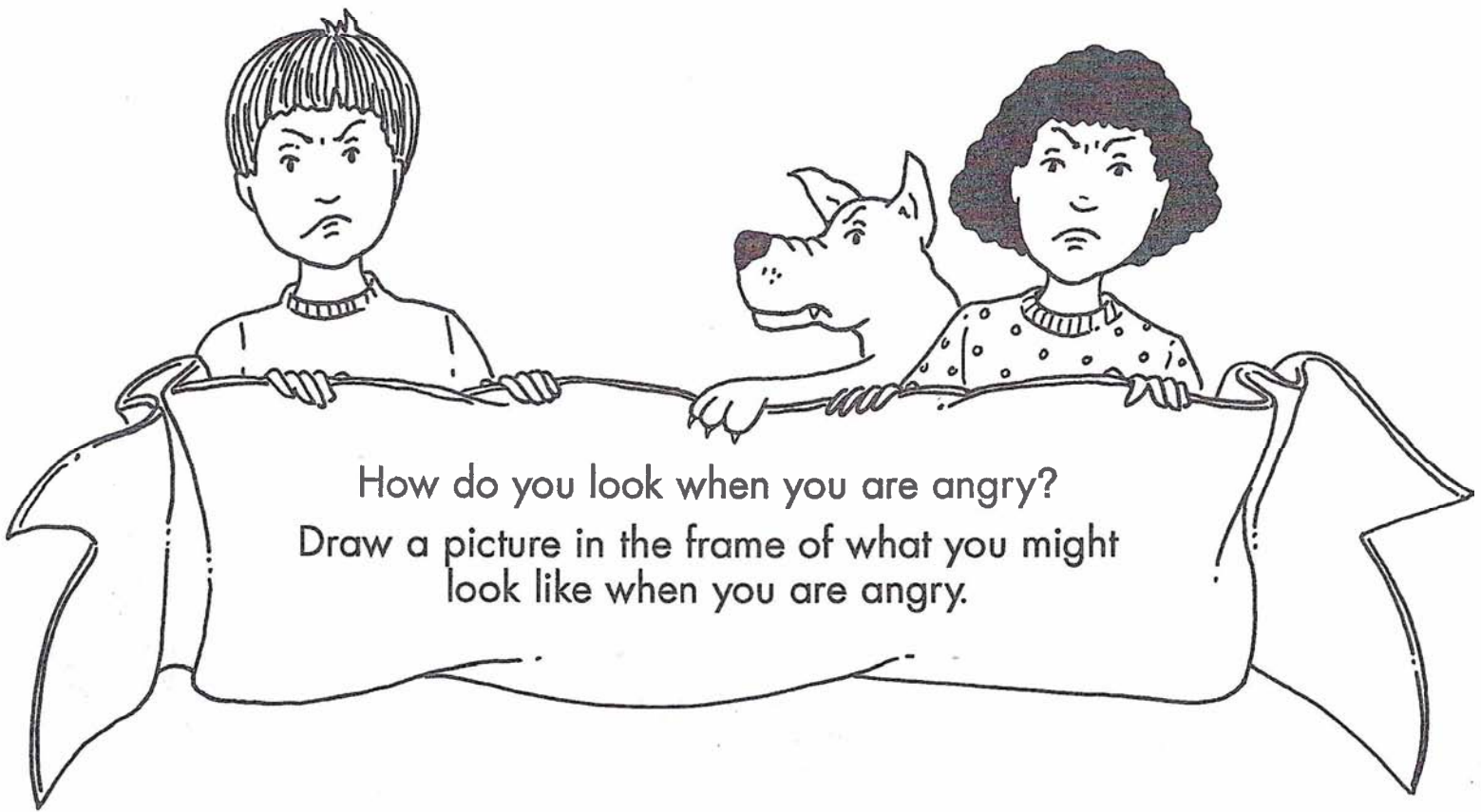
What color is anger to you?
Draw a picture of something using
the color you think of when you are angry.

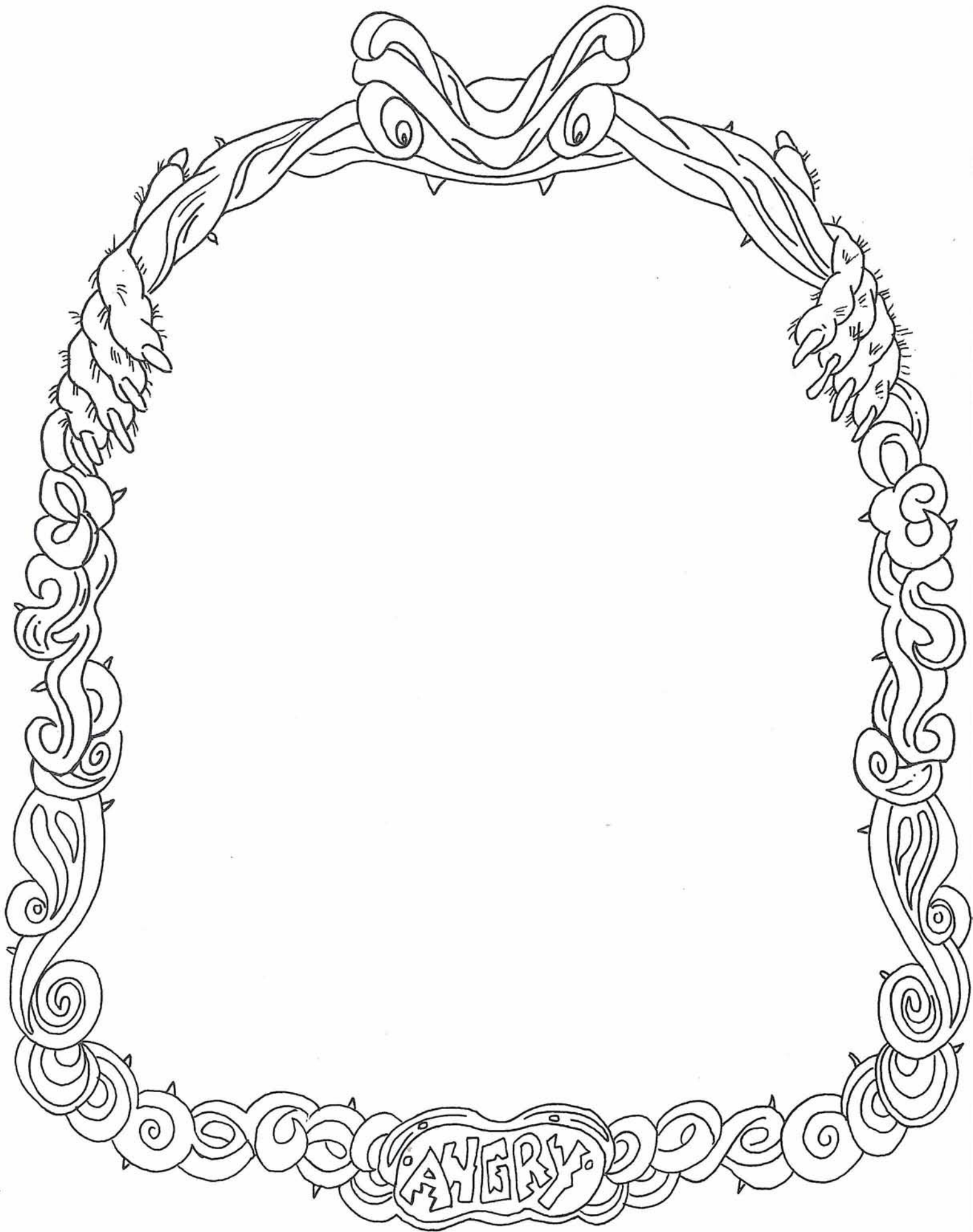


What do you think anger looks like?
Draw a picture or design showing
how anger looks to you.

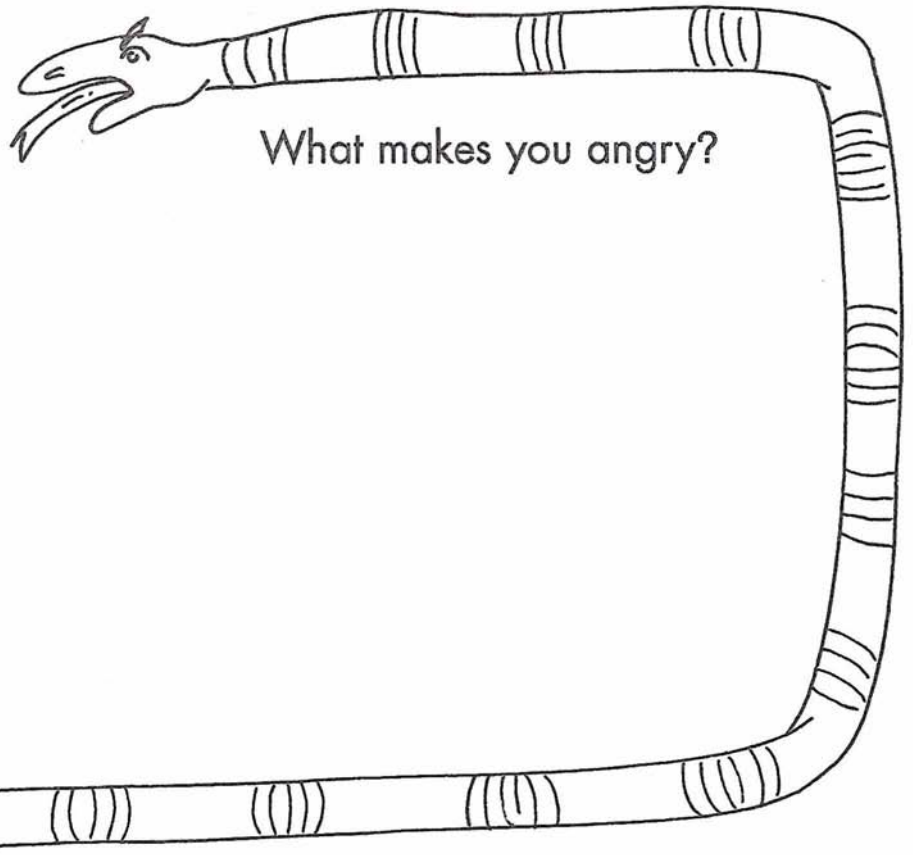




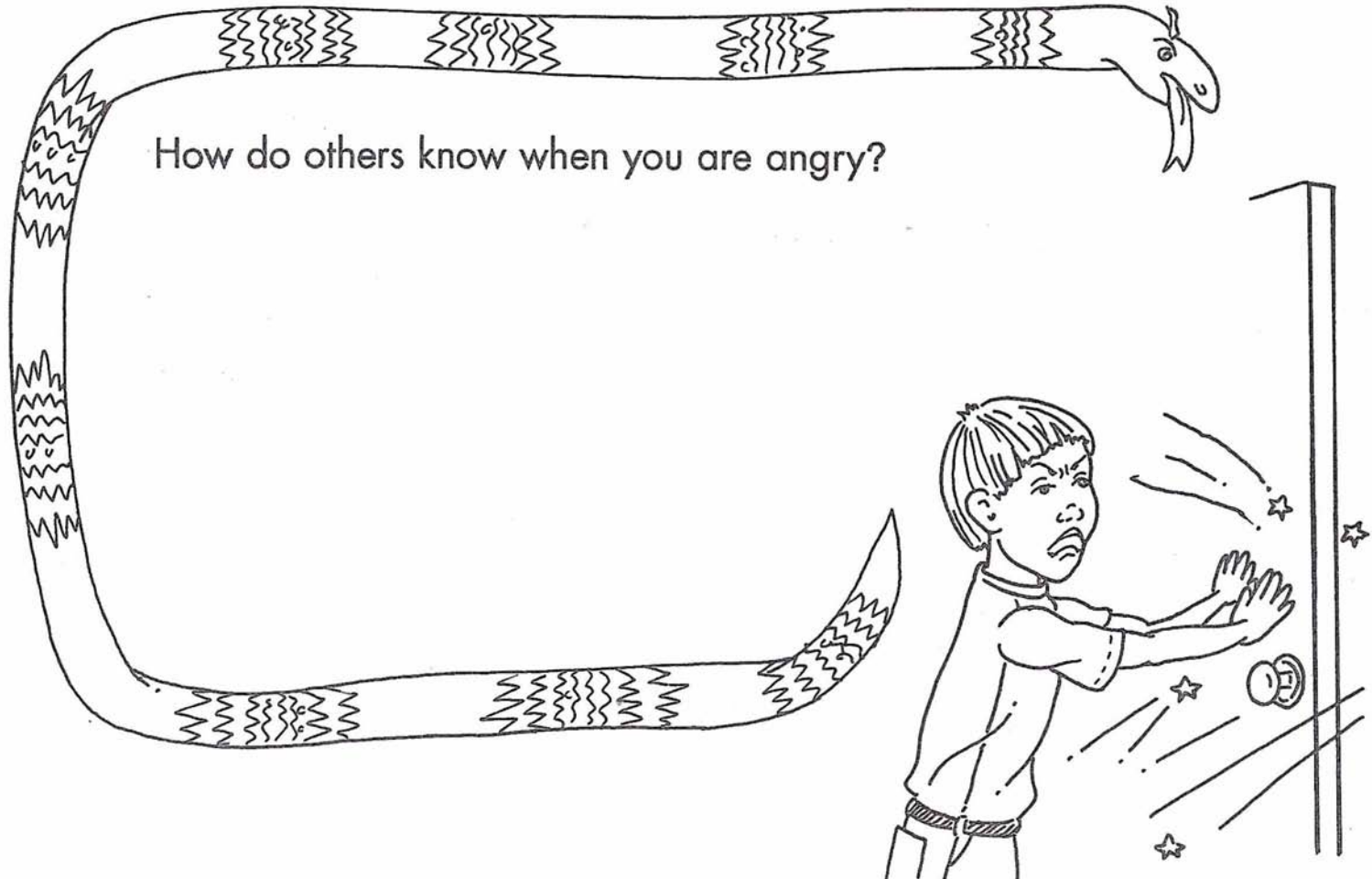


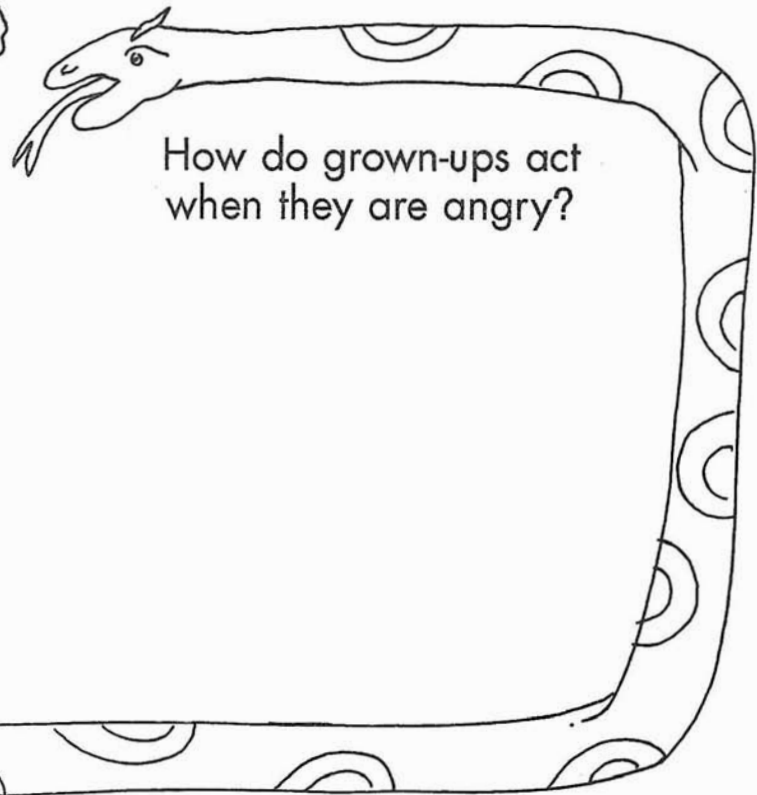
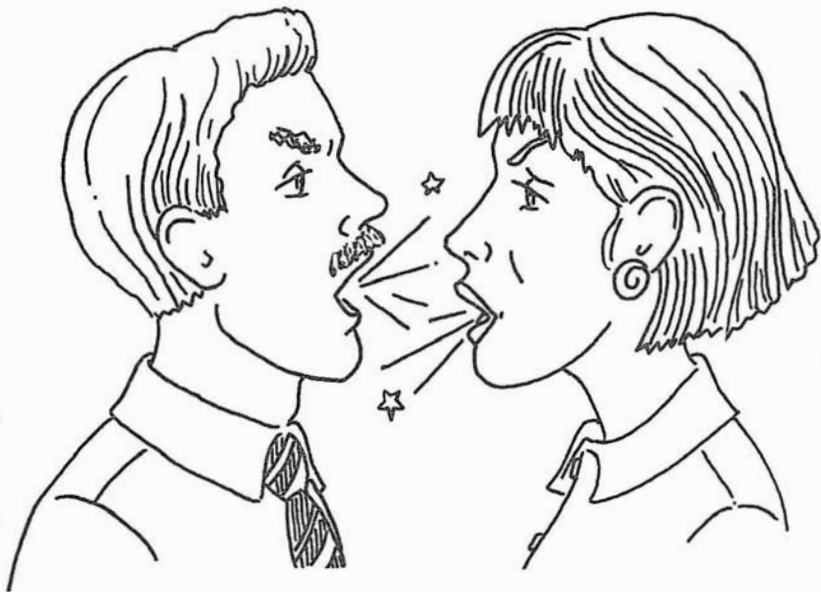


Write or draw the answers to the questions below.

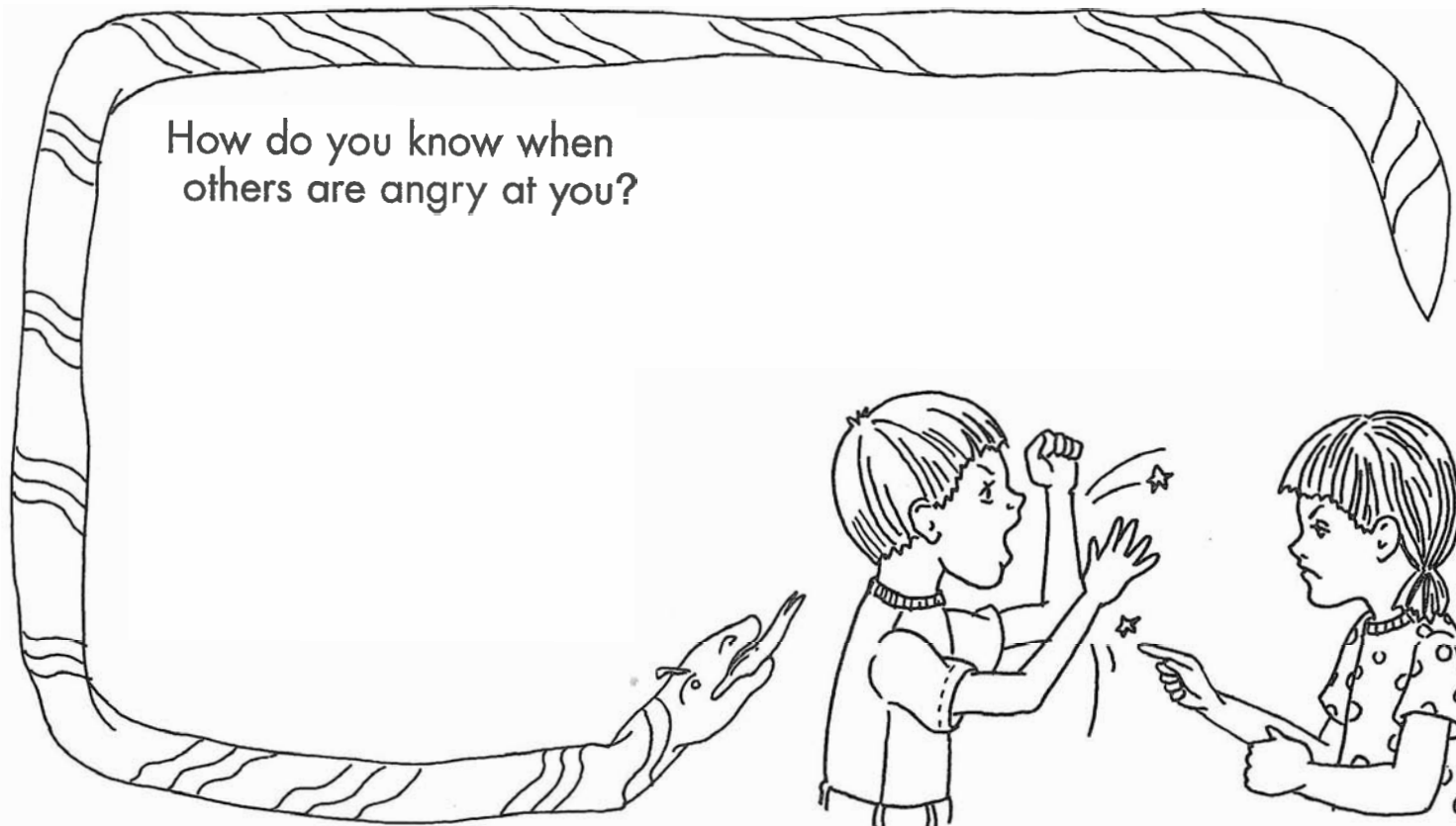


How do others know when you are angry?





How do you know when others are angry at you?





Scribble angrily using any colors.
On a separate sheet of paper, scribble another
angry picture. When you have finished, tear
it into as many pieces as you can.





Listed below are ways to deal with your angry feelings. Make a check under "OKAY" or "NOT OKAY" for each one.

OKAY

NOT OKAY

Punch a pillow

Slam doors

Yell at someone

Work in the garden

Talk things over

Beat someone up

Stamp my feet

Binge on food

Rip up old newspapers

Bounce a ball

Play with clay

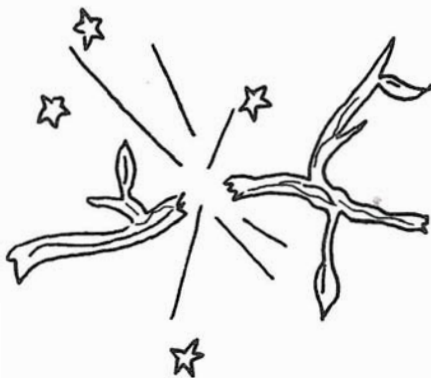
Jump on the bed

Run and scream outside

Throw a temper tantrum

Hurt myself

Be mean to the pet





Complete the following sentences with your own feelings.

I am most angry about... _____

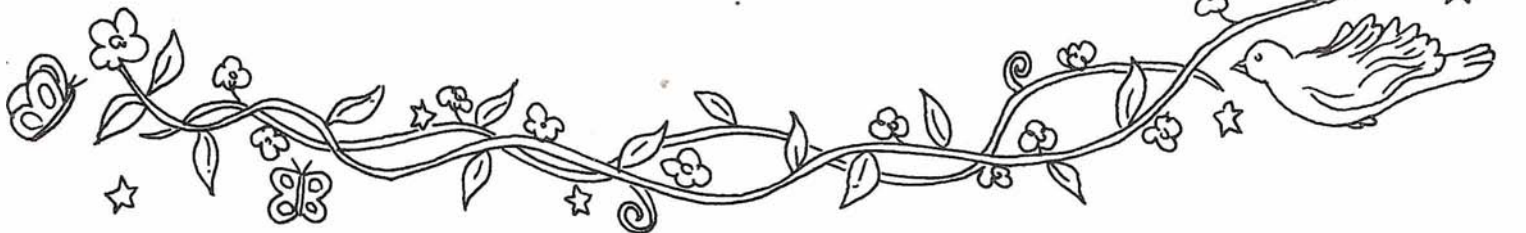
I feel angry when my dad/stepdad... _____

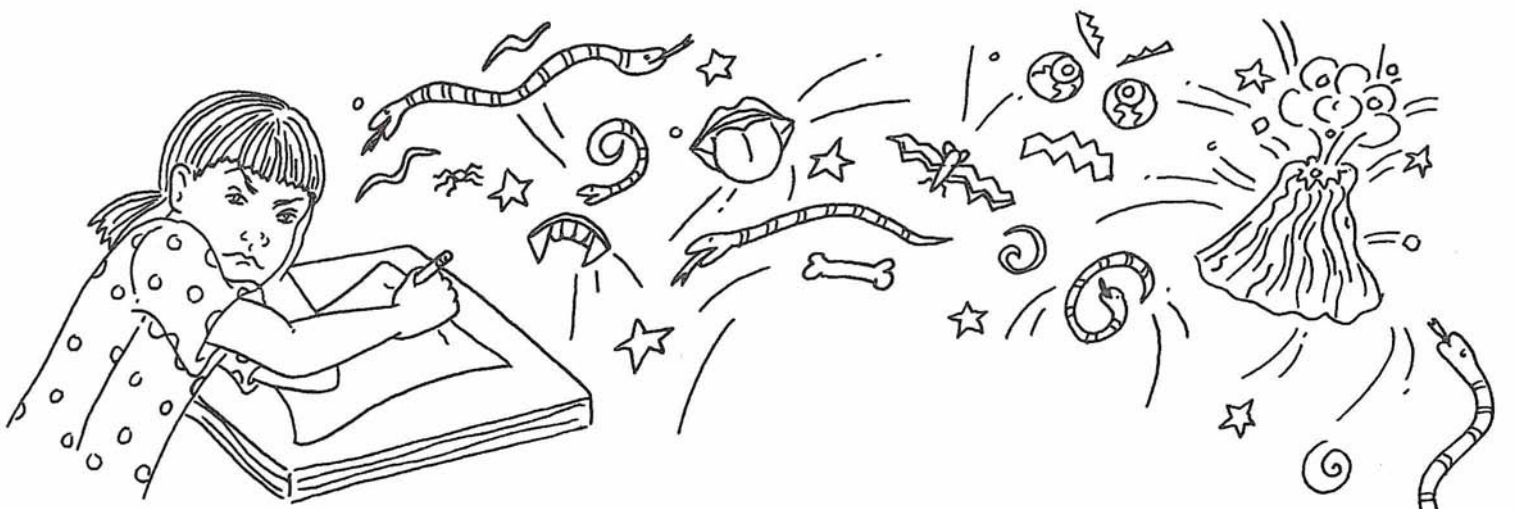
I feel angry when my mom/stepmom... _____

I feel angry when my brother or sister... _____

I feel angry when my friend... _____

I feel angry when my teacher... _____





Complete the following sentences with your own feelings.

I am most angry about... _____

I feel angry when my dad/stepdad... _____

I feel angry when my mom/stepmom... _____

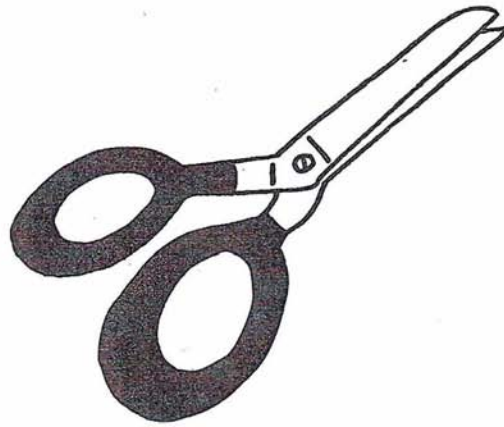
I feel angry when my brother or sister... _____

I feel angry when my friend... _____

I feel angry when my teacher... _____



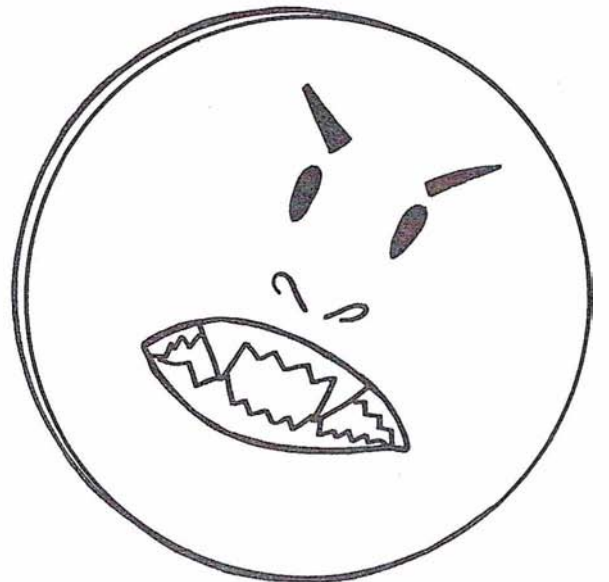
Make a badge that you can color and wear to let others know that you feel angry. You can also make a sign for the door.



~WARNING~
I'M MAD

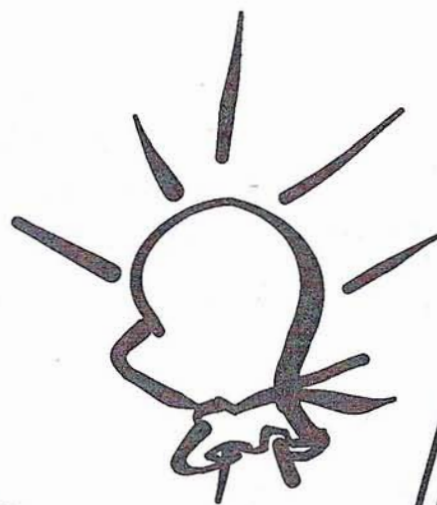
ONE
ANGRY
PERSON

ANGRY
STAYBACK

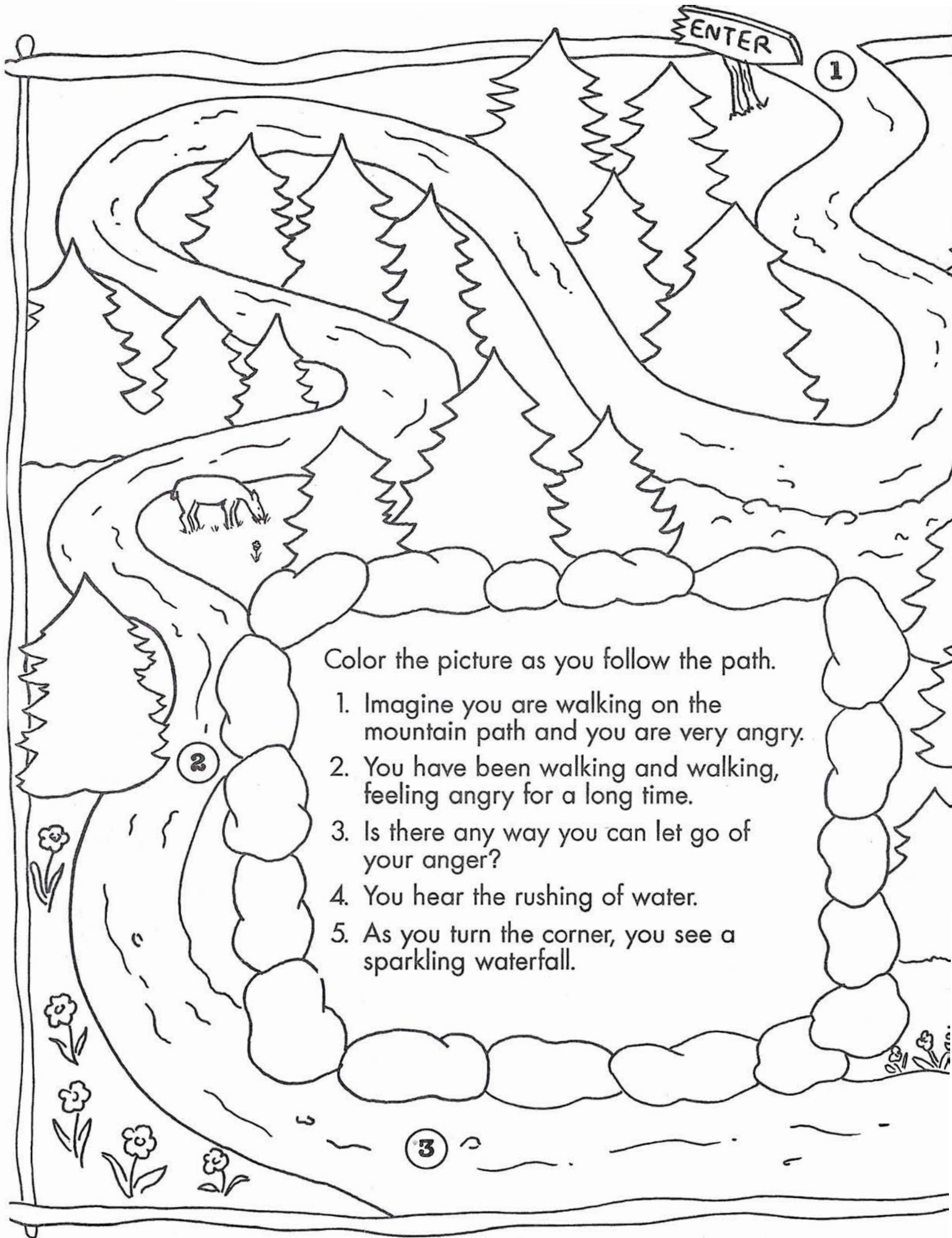


"MY ANGRY LETTER"

Dear

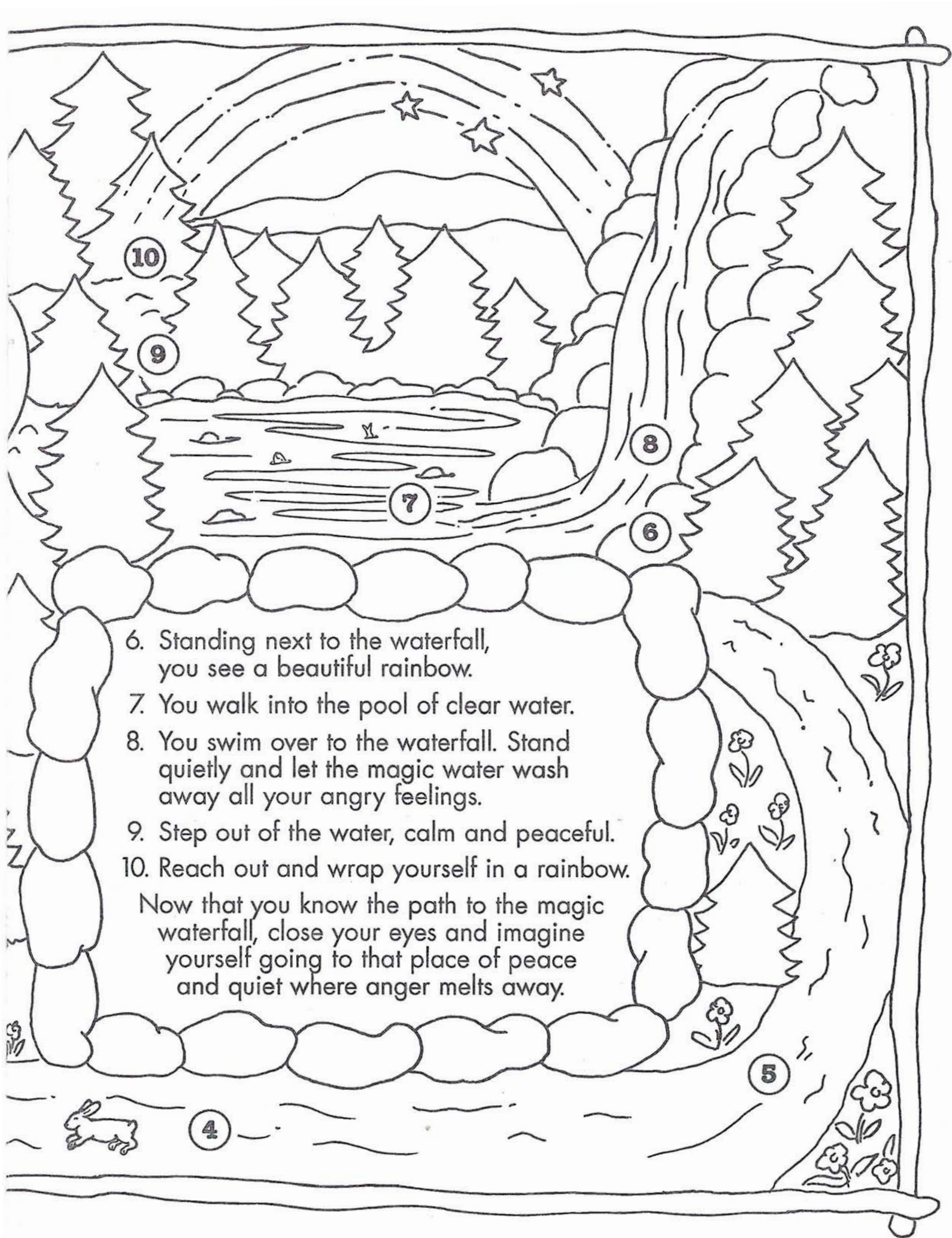


Write a letter to the person who has made you angry. Tell the person what he or she said or did that made you angry — and why. This is your private letter.



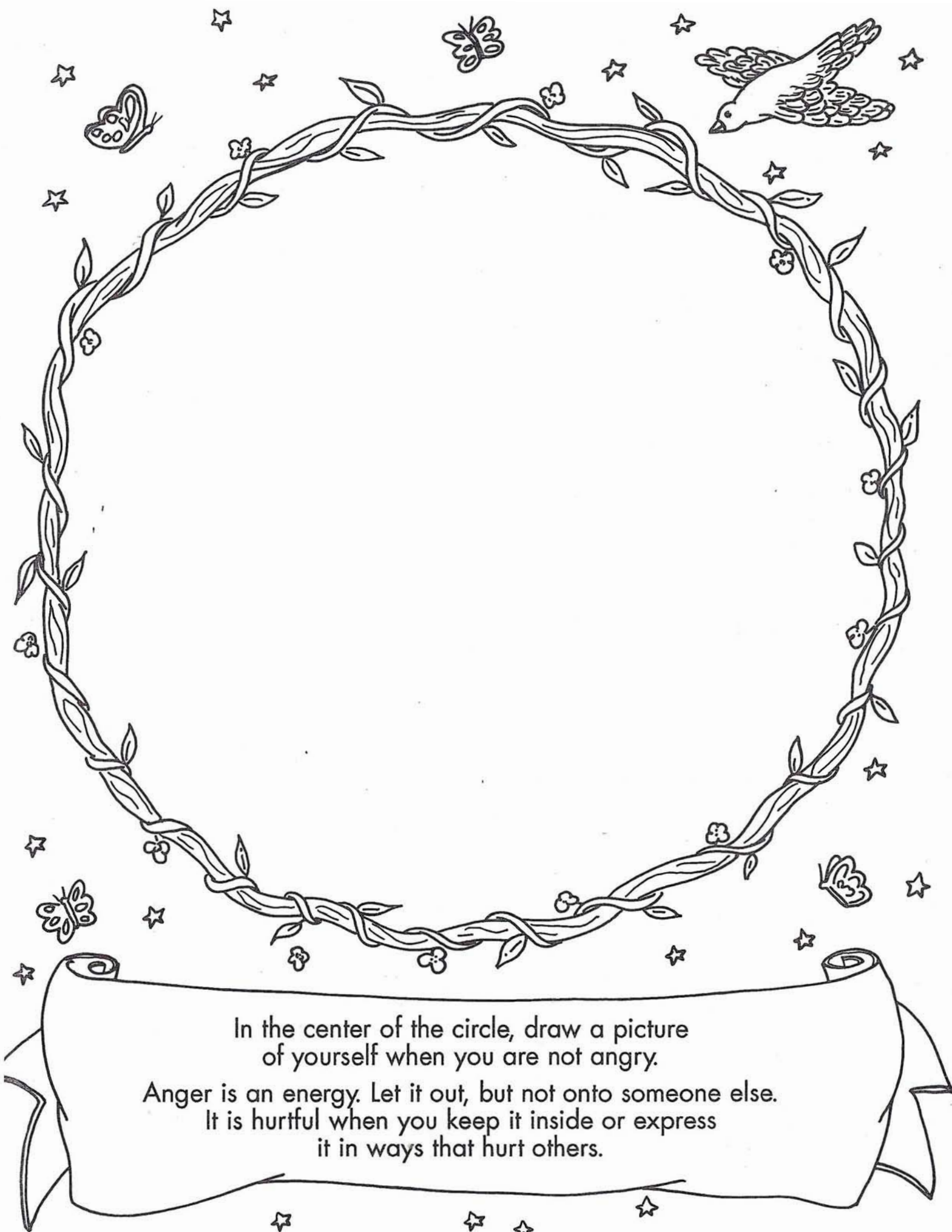
Color the picture as you follow the path.

1. Imagine you are walking on the mountain path and you are very angry.
2. You have been walking and walking, feeling angry for a long time.
3. Is there any way you can let go of your anger?
4. You hear the rushing of water.
5. As you turn the corner, you see a sparkling waterfall.



6. Standing next to the waterfall, you see a beautiful rainbow.
7. You walk into the pool of clear water.
8. You swim over to the waterfall. Stand quietly and let the magic water wash away all your angry feelings.
9. Step out of the water, calm and peaceful.
10. Reach out and wrap yourself in a rainbow.

Now that you know the path to the magic waterfall, close your eyes and imagine yourself going to that place of peace and quiet where anger melts away.



In the center of the circle, draw a picture
of yourself when you are not angry.

Anger is an energy. Let it out, but not onto someone else.
It is hurtful when you keep it inside or express
it in ways that hurt others.