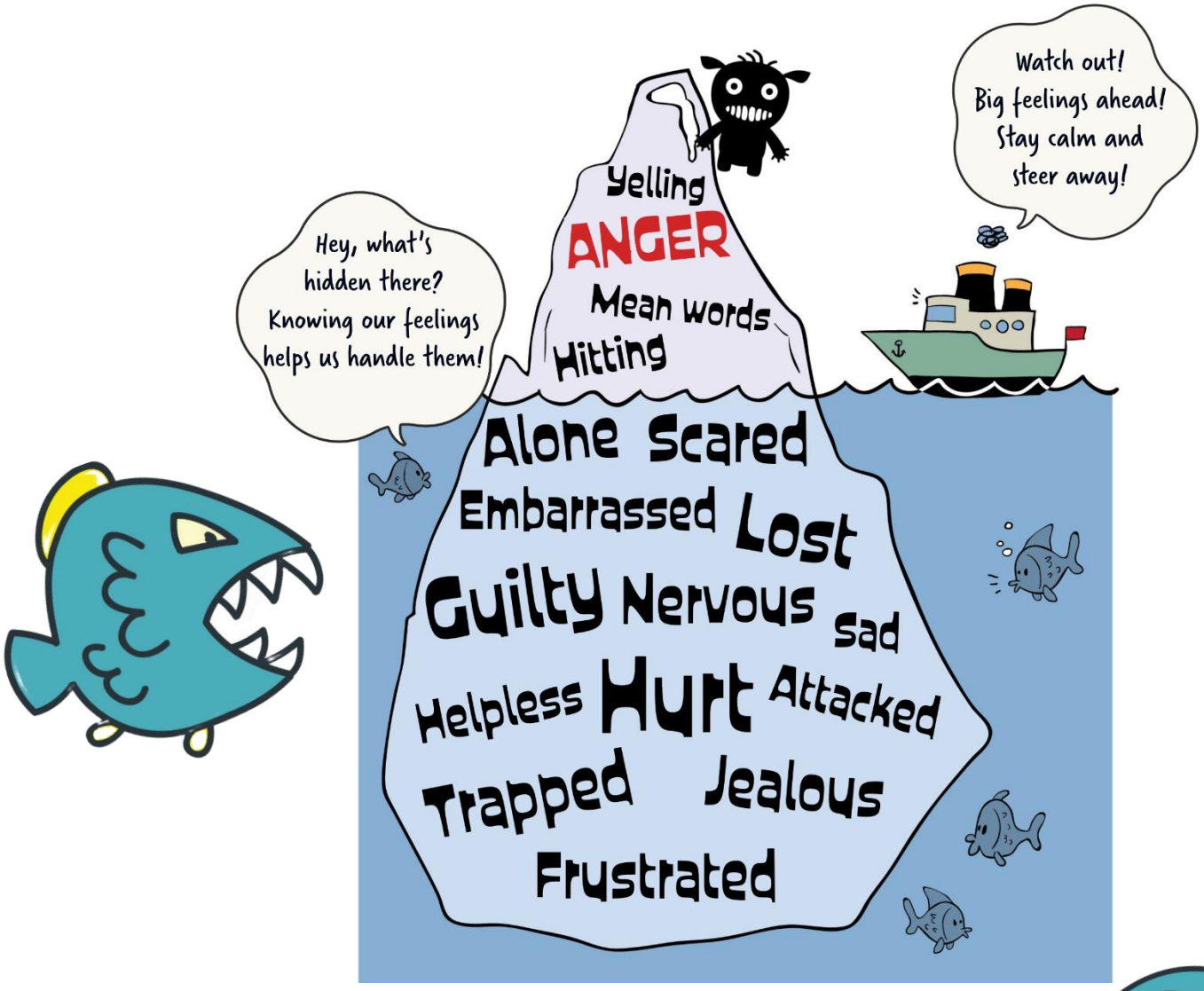
Anger Iceberg

Guide & Activity Worksheets for Children



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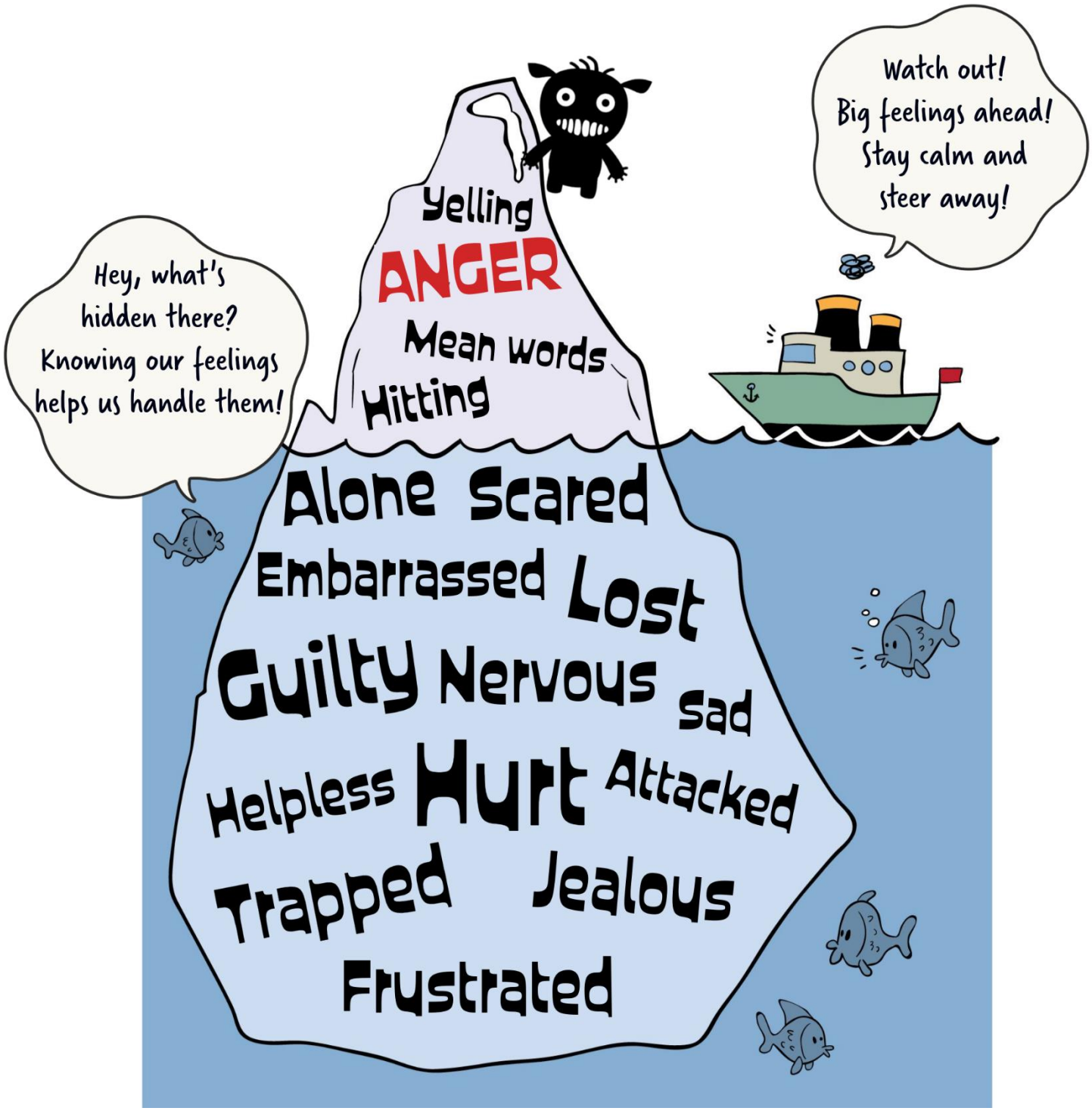
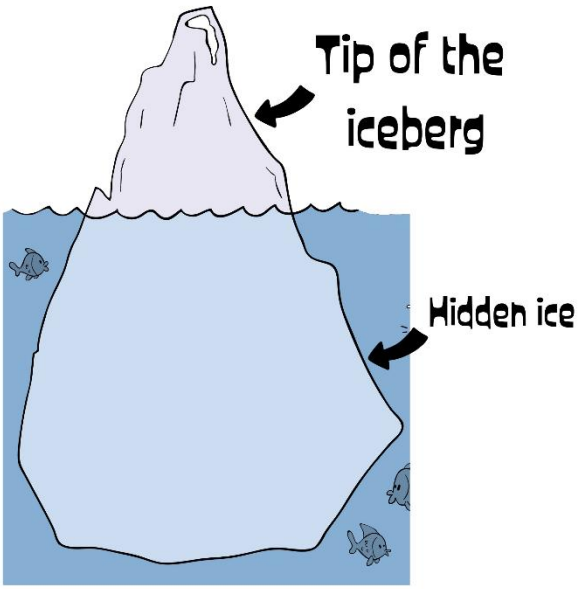
Anger Iceberg



About Anger Iceberg

Have you ever heard of something called
an "anger iceberg"?

Well, imagine an iceberg floating in the ocean. You know how you can only see the tip of the iceberg above the water, but there's a lot more ice hidden below?



Anger is a bit like that iceberg. When someone gets angry, you may see them getting cross, raising their voice, clenching their fists, or maybe even stomping their feet or throwing things. These are signs and actions that someone is feeling angry on the **outside**.

These angry signs and behaviours are easy to spot.

Your Anger Signs

How do you feel when you start to get angry?
Imagine your anger as a snowstorm building up inside you.
Circle the reactions that happen to you when you start feeling angry.

Clenched jaw or grinding teeth

Dizziness

Headache

Red or hot face

Frowning

Fast breathing

Clenched fists

'Knot' in my stomach

Heart beating fast

Shaking

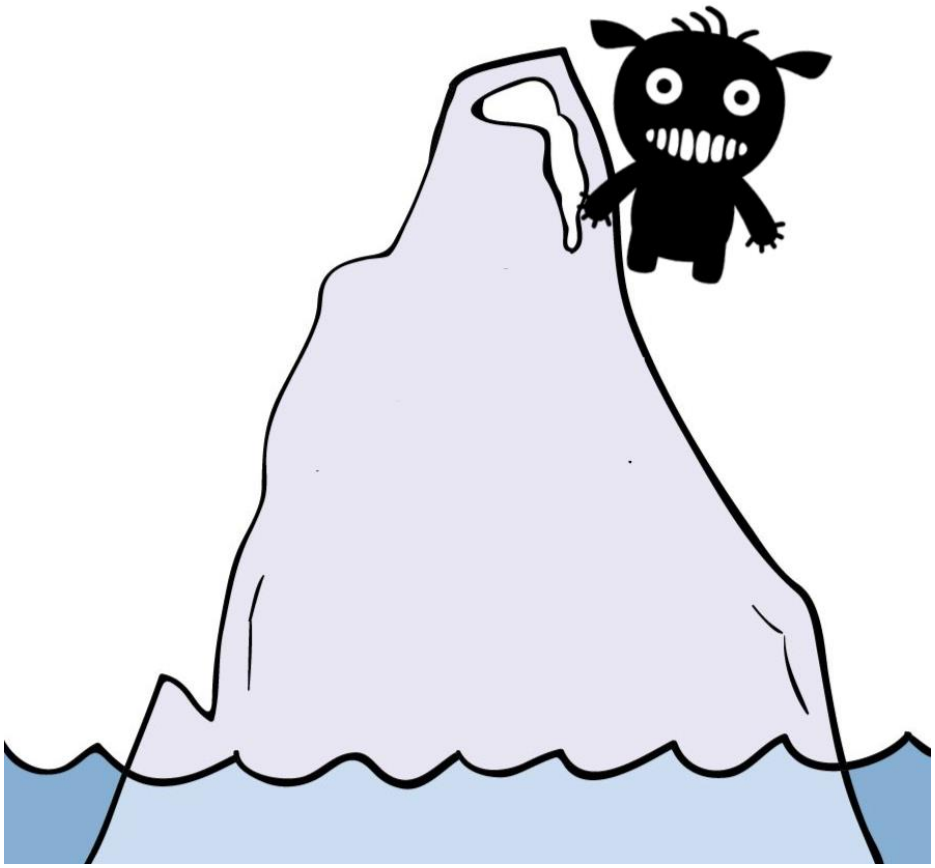
Sweating

Tense muscles

Pacing (walking back and forth)

Your Anger Actions

Think about what you do when you're very, very angry, like shouting or stomping feet. What can people see?
Write or draw those things on or around the tip of the iceberg.



About the Underneath of the Anger Iceberg

There's usually a lot more going on underneath our anger which we can't see, just like the hidden part of the iceberg. **Our angry feelings may also be hiding other emotions that are not visible.**

For example, imagine if you took a cookie from the cookie jar even though you were told not to, and then your mum or dad found out. You feel guilty but are too ashamed to admit it, so instead of saying sorry,
you get angry and say you didn't do it.

Or imagine if you were playing with your toys, and your brother or sister took one without asking. You might feel really angry and start shouting or hitting. But underneath that anger, you might actually feel sad or hurt because you wanted to play with that toy too, and it's not fair that they took it without asking.

So, even though you're showing anger on the outside, inside you might be feeling something different, like sadness, embarrassment, or frustration.

Your Anger Triggers

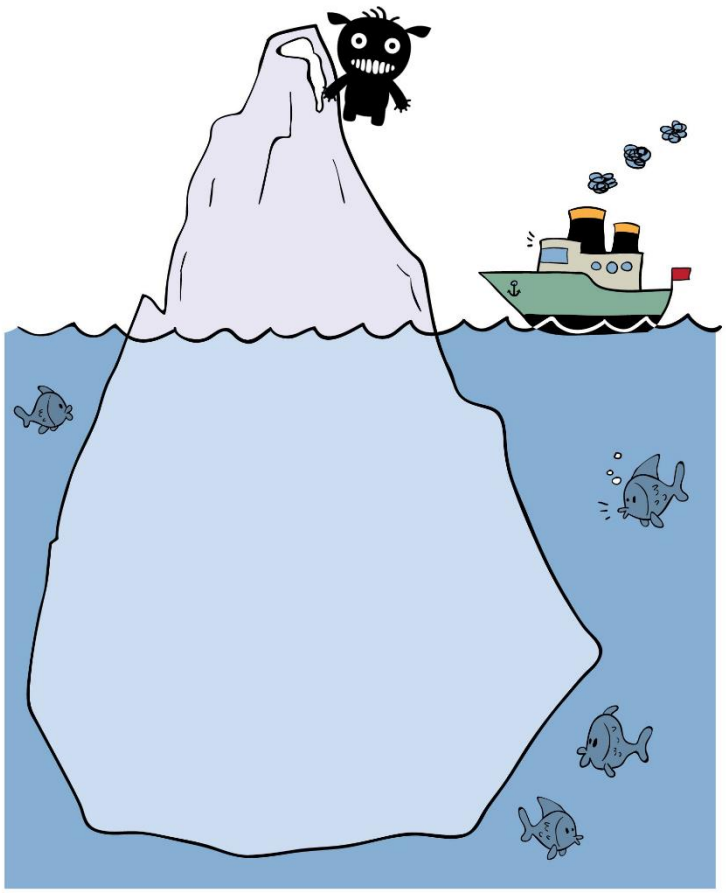
An anger trigger is like a snowflake that starts an avalanche of emotions. It's something that makes you feel really, really angry. It's important to know what your triggers are so you can handle your feelings better. Write down on the snowflakes below or draw the things that make you angry.

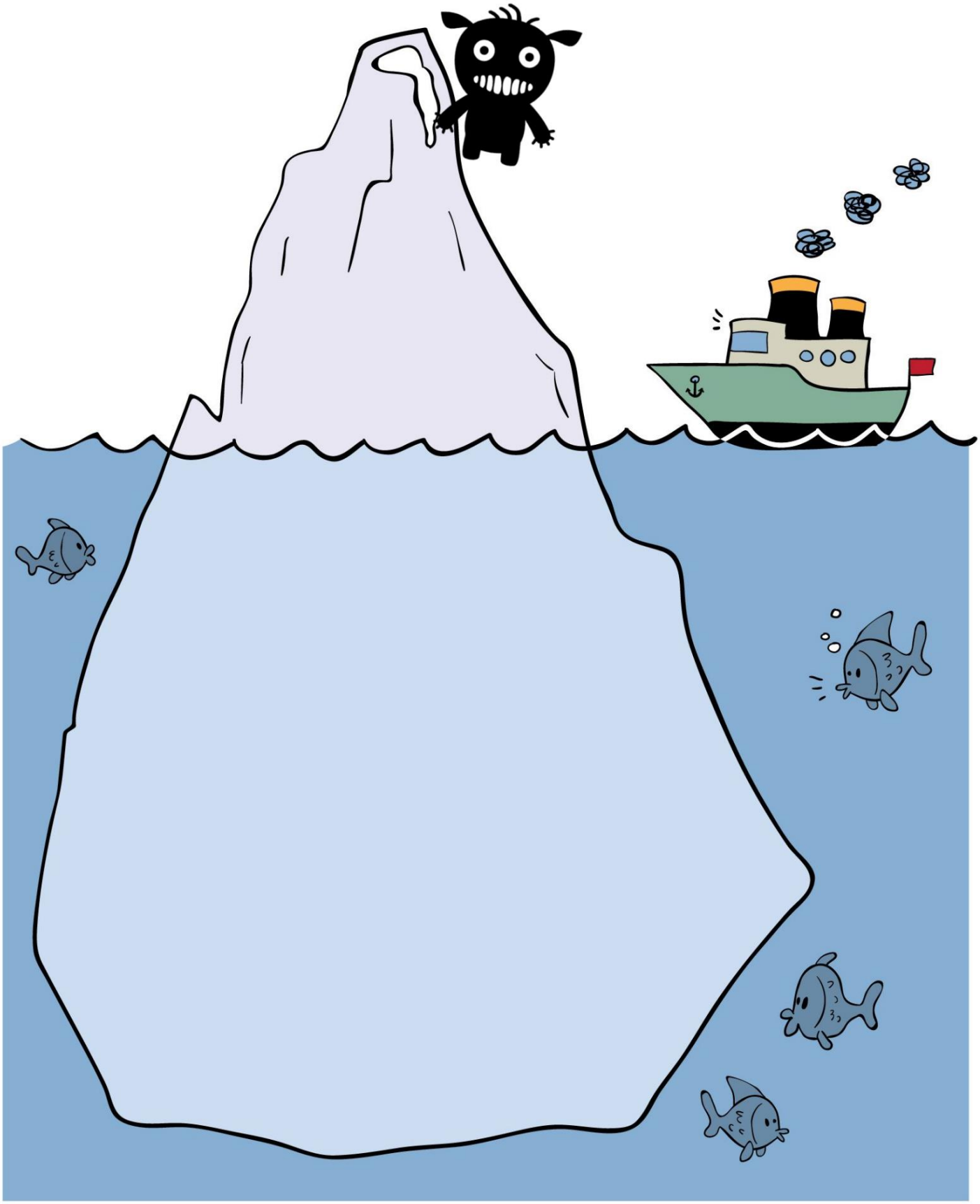
Your Hidden Feelings

Do you remember that our angry feelings may also be hiding other emotions that are not visible? Do you think you have other feelings apart from anger in the situations you drew in the snowflakes? Cut out the emotions and stick the ones you felt when you were angry on the bottom of the iceberg. If you can't find them all, add your own emotions in the extra space. Or you can just circle the feelings.

Speak to a grown-up about why you felt that way. Remember, it's important to understand and talk about your feelings, just like uncovering what's hidden beneath the surface of the iceberg.

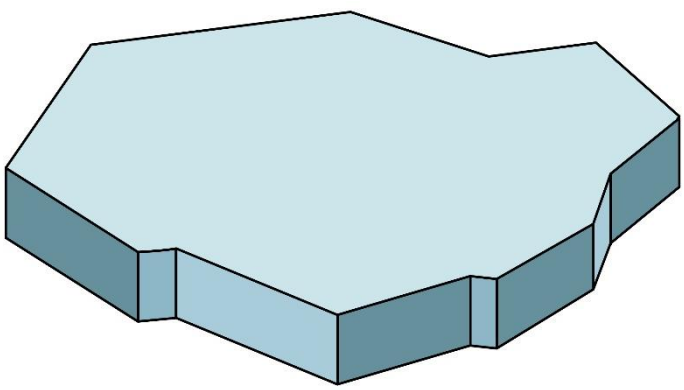
Alone	Scared	Lost
Embarrassed	Guilty	Nervous
Sad	Helpless	Attacked
Hurt	Trapped	Jealous
Frustrated	Worried	Hungry
Ignored	Stressed	Tired

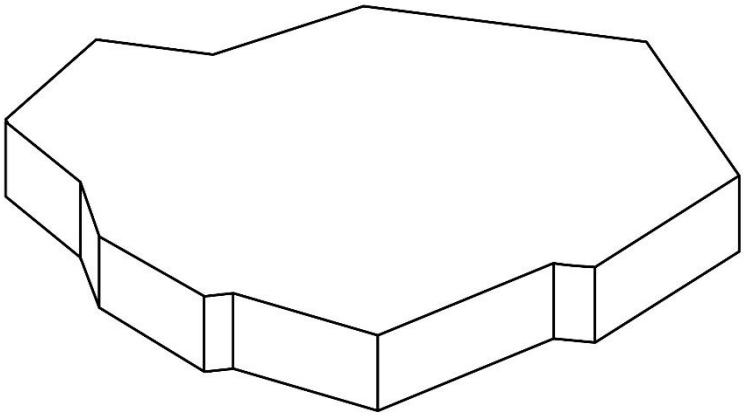


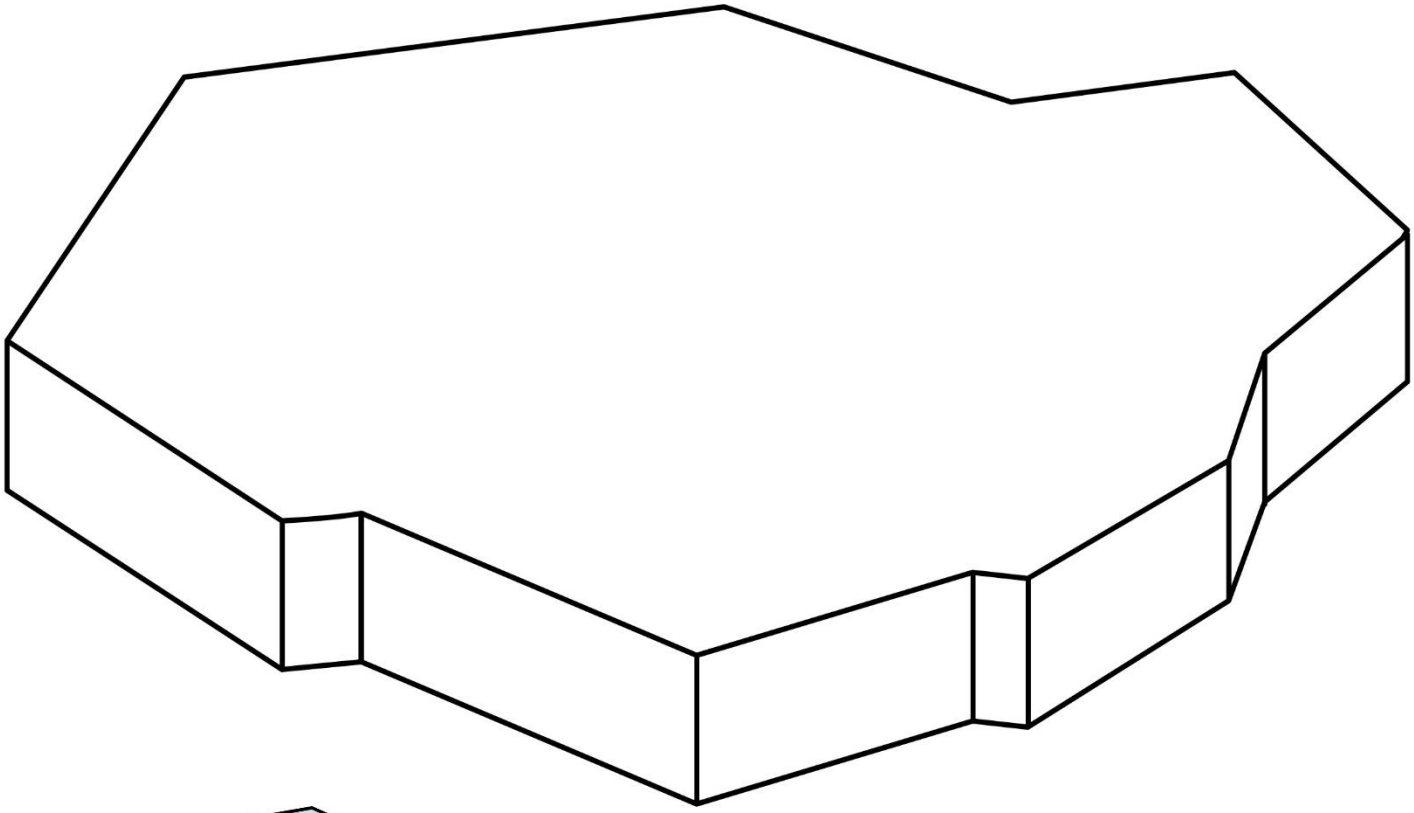


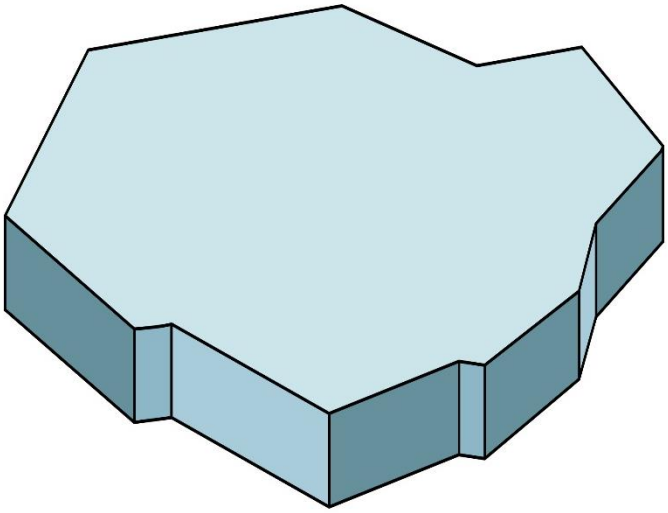
Your Calm Down Actions

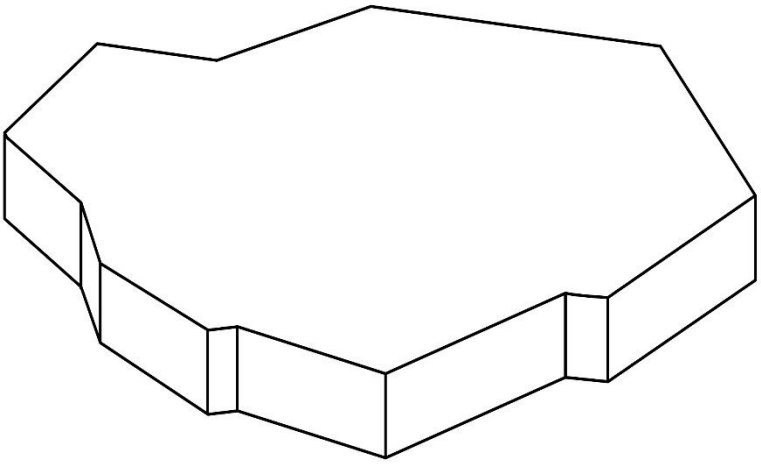
It can be tricky to spot when we're feeling angry or when we need to stop our angry behaviour. But when we start to notice it, we can take action. What could you do to calm down when you feel angry? Write down your ideas below.

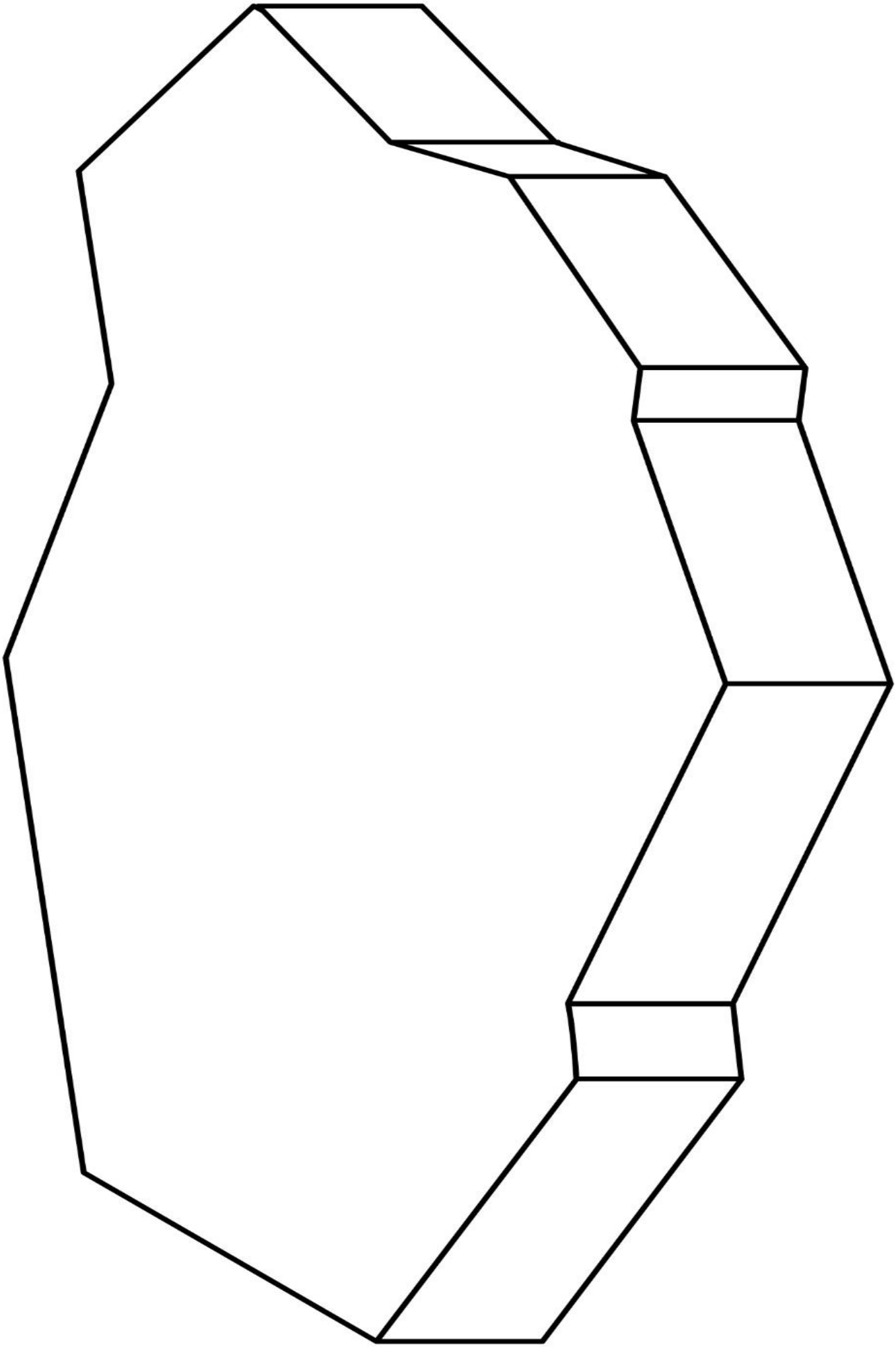












About this Free Printable Resource:

The Anger Iceberg Guide & Activity Worksheets for Children has been designed to assist children in understanding and managing their emotions, particularly anger. This guide offers a unique perspective on anger, presenting it not just as a surface emotion but as a sign of deeper, underlying feelings. Through engaging activities and thoughtful reflection, children are encouraged to explore what lies beneath their anger, helping them to identify, articulate, and address the root causes of their emotions. This resource aims to empower children, their families, and professionals alike, providing strategies for emotional regulation and fostering a deeper understanding of oneself and others.

Contents:

For more **free resources on anger** and other emotions, visit www.FeelingsHelpBox.com.