

**GAME CONSOLE RUNS OUT OF BATTERY**

**The console turns off while you are playing.**

What could you do to stay calm?

**BLAMED FOR SOMETHING**

**You are blamed for something you did not do.**

What could you do?

**TOLD OFF UNFAIRLY**

**An adult tells you off for being noisy, but you were not.**

How could you stay calm?

# 36 ANGER SCENARIO CARDS for Children

[www FeelingsHelpBox.com](http://www FeelingsHelpBox.com)

**FREE DOWNLOAD**

**RUSHED WHEN DOING YOUR BEST**

**You are told to hurry when you are trying hard.**

What could help you stay calm?

**SOMEONE COPIES YOUR WORK**

**A classmate copies your idea and gets the praise.**

What could you do next?

**NOT PICKED FOR THE TEAM**

**You wanted to join a team but were not chosen.**

What could help you feel better?

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**FRIEND DOES NOT LISTEN**

**You try to talk, but your friend keeps interrupting.**

What could you say or do?

**SPOILED ARTWORK**

**Someone spills water on the picture you were drawing.**

What could help you stay calm?

**PROMISED TREAT IS CANCELLED**

**You were told you would get a treat, but it is cancelled.**

What could you do to feel better?

### **MISSED TURN IN A GAME**

**Your classmate skips your turn during a board game.**

What could you say or do?

### **BROKEN FAVOURITE PENCIL**

**Your favourite new pencil snaps just before a writing task.**

What could help you feel calm?

### **FRIEND LAUGHS AT YOUR DRAWING**

**A friend laughs at the picture you worked hard on.**

What could you do or say?

### **SIBLING TAKES YOUR TOY WITHOUT ASKING**

**Your younger brother takes your toy and loses a piece.**

What could you say to let him know you are upset?

### **TEACHER SAYS TIME IS UP**

**You want to finish your project, but the teacher says time is up.**

What could you do if you want to finish it later?

### **GOAL DISALLOWED IN FOOTBALL**

**The referee says your goal does not count.**

How can you stay respectful?

### **LEFT OUT OF A GROUP**

**Your classmates plan a game but do not invite you.**

What could you do next?

### **HOMEWORK SHEET GOES MISSING**

**You cannot find the sheet you need for tonight.**

Who could you ask for help?

### **PARENT SAYS "NO" TO SCREEN TIME**

**Your parent says no to more time on the tablet.**

What could you do instead?

### **FORGOTTEN PE KIT**

**You forget your PE kit and have to sit out.**

What could you do next time?

### **FRIEND SPREADS A RUMOUR**

**Someone tells others something untrue about you.**

Who could you talk to?

### **QUEUE-JUMPING AT THE TUCK SHOP**

**Someone pushes in front of you in the queue.**

What could you say kindly but clearly?

### **UNFAIR CHORE AT HOME**

**You feel like you do more chores than your sibling.**

What could you do or say to your parent?

### **SURPRISE TEST ANNOUNCED**

**Your teacher says there is a surprise test today.**

What could help you stay calm?

### **FAVOURITE BOOK IS ALREADY BORROWED**

**Someone else has borrowed the book you wanted.**

What could you do while you wait?

### **TEAM LOSES BECAUSE OF A MISTAKE**

**You miss a catch and your team loses the game.**

What could you say to yourself?

### **CANCELLED SLEEP-OVER**

**Your friend cancels the sleep-over at the last minute.**

What could you do instead?

### **DO NOT GET THE PART IN THE PLAY**

**Someone else is chosen for the part you wanted.**

How can you still be kind?

**RAIN CANCELS PLAYGROUND TRIP**

**The class trip is cancelled because of heavy rain.**

What could help you feel better?

**ACCIDENTALLY BUMPED IN CORRIDOR**

**Someone bumps into you and your books fall.**

How could you respond calmly?

**FRIEND WINS THE COMPETITION**

**Your friend wins a spelling contest you were in.**

What could you say to show support?

**TEAM-MATE WILL NOT PASS THE BALL**

**A team-mate never passes the ball to you.**

What could you say?

**GROUP CHANGES THE RULES MID-GAME**

**Your friends change the rules during the game and you start losing.**

What could you say to be fair?

**LUNCH ORDER MISTAKE**

**You are given the wrong lunch.**

What could you say to an adult?

**CRITICISED IN FRONT OF CLASS**

**The teacher corrects your answer in front of everyone.**

What could help you stay calm?

**WI-FI STOPS DURING FAVOURITE SHOW**

**The video freezes during your favourite part.**

What could help you wait calmly?

**NEW RULE LIMITS PLAYTIME**

**School shortens outdoor play by five minutes.**

What could still make break fun?

# See Our Websites for More **Free** Resources

**1** [www.socialworkerstoolbox.com](http://www.socialworkerstoolbox.com)



**2** [www.anxietyhelpbox.com](http://www.anxietyhelpbox.com)



**3** [www.feelingshelpbox.com](http://www.feelingshelpbox.com)



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