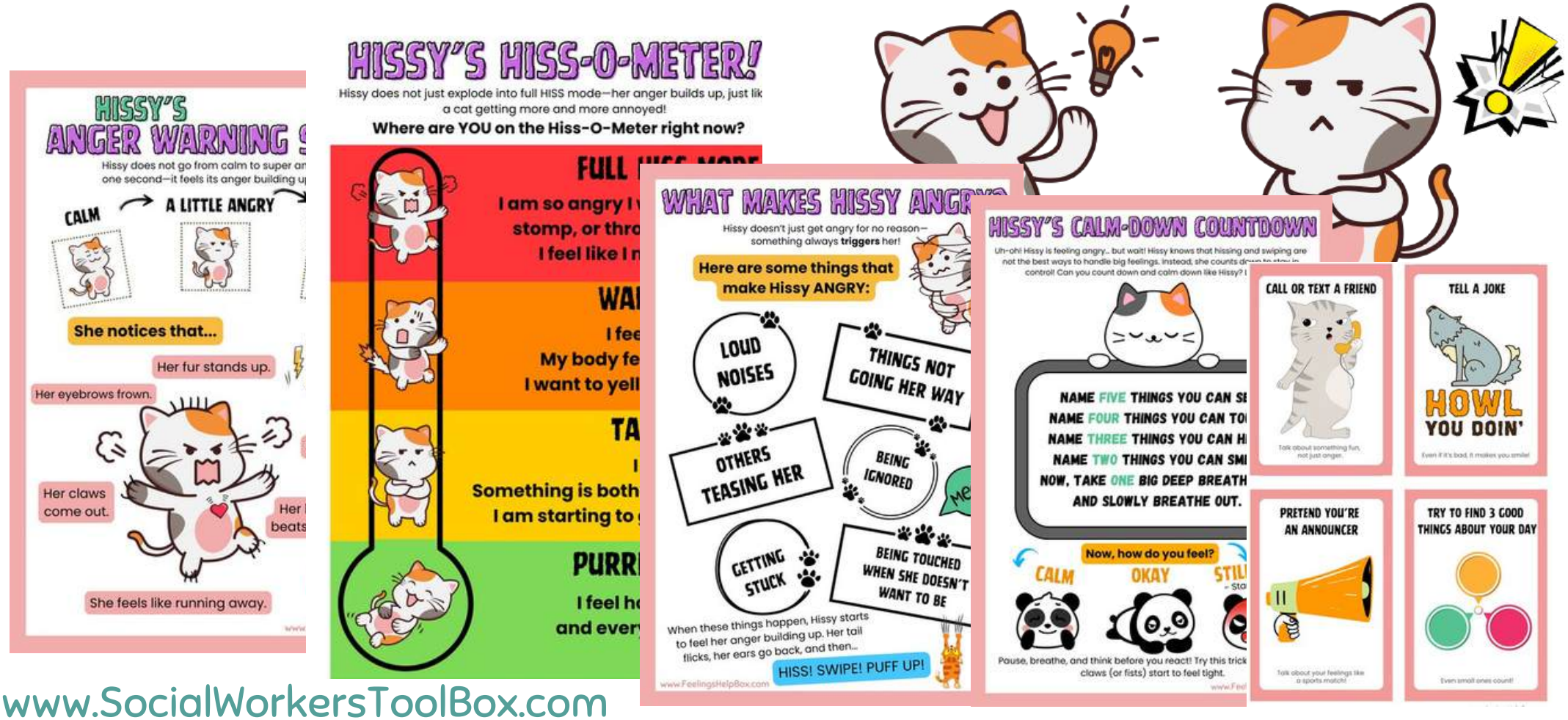
FREE ANGER MANAGEMENT WORKSHEETS FOR KIDS

Cat- Themed Emotional Regulation Resources



www.SocialWorkersToolBox.com

MEET HISSY

Hissy is a little cat with big feelings! Sometimes, she feels happy and calm, but other times, she gets annoyed, frustrated, or really angry. Just like you, Hissy has moments when things do not go her way.

But Hissy is learning how to understand her feelings and stay in control. Instead of hissing and swiping, she practises ways to calm down and feel better.

This booklet will help you, just like Hissy, to recognise your feelings, manage anger, and find ways to stay calm. Let's learn together with Hissy!

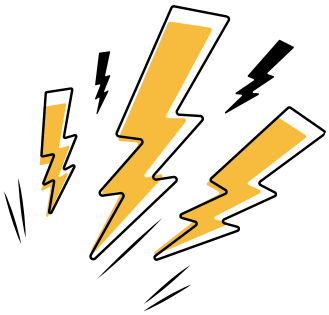
HISSY'S ANGER WARNING SIGNS

Hissy does not go from calm to super angry in one second—it feels its anger building up first!

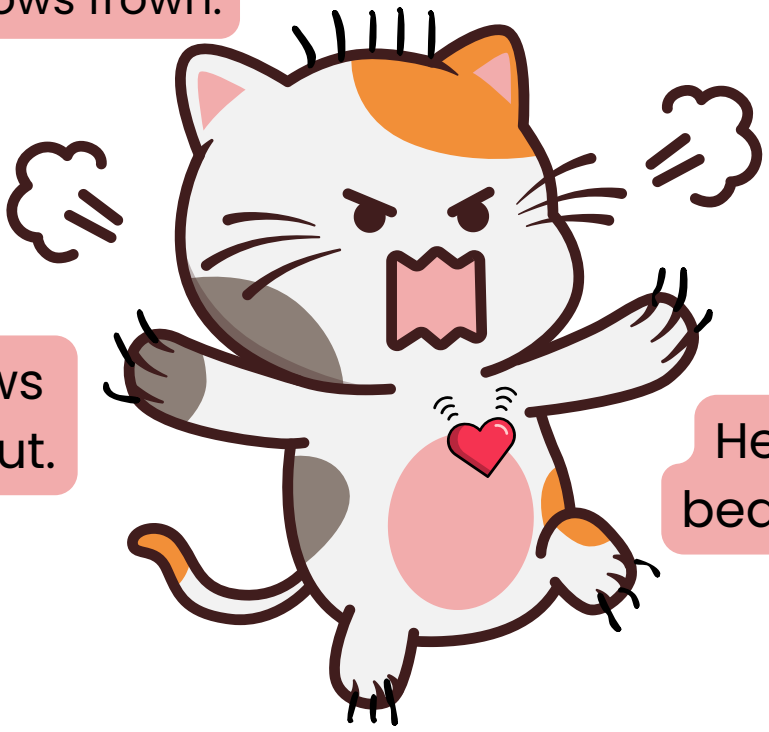
CALM → A LITTLE ANGRY → VERY ANGRY

She notices that...

Her fur stands up.



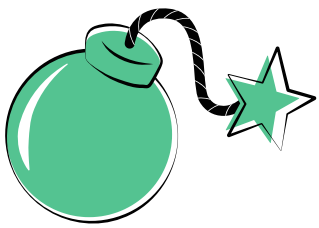
Her eyebrows frown.



She hisses or growls.

Her claws come out.

Her heart beats faster.



She feels like running away.

YOUR ANGER WARNING SIGNS

What about you? Draw your face in the frames below to show how you look when you feel:

CALM → A LITTLE ANGRY → VERY ANGRY

Circle how your body feels:

I find it hard to think clearly.

My face feels hot.

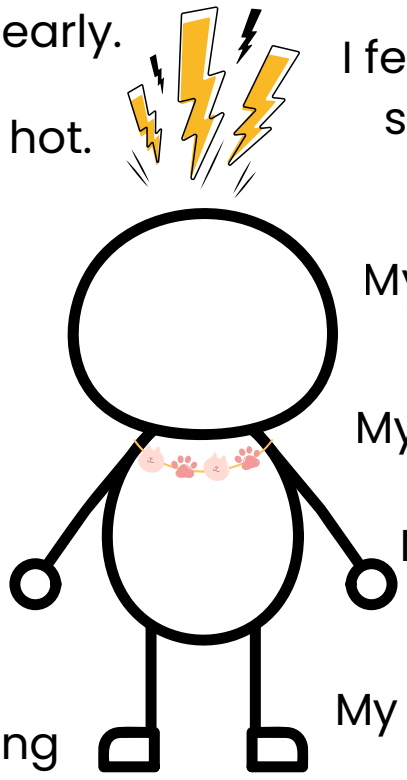
I feel like shouting or smashing things.

My eyebrows frown.

My voice gets louder.

My breathing gets heavier.

My heart beats faster.



My stomach feels tight.

My fists clench.

My muscles feel tight.

I feel like stomping my feet.

I want to hit or throw something.

I feel like walking away or hiding.

Knowing your anger signs helps you stay in control!

WHAT MAKES HISSY ANGRY?

Hissy doesn't just get angry for no reason—
something always **triggers** her!

Here are some things that make Hissy ANGRY:

- LOUD NOISES
- THINGS NOT GOING HER WAY
- OTHERS TEASING HER
- BEING IGNORED
- GETTING STUCK
- BEING TOUCHED WHEN SHE DOESN'T WANT TO BE

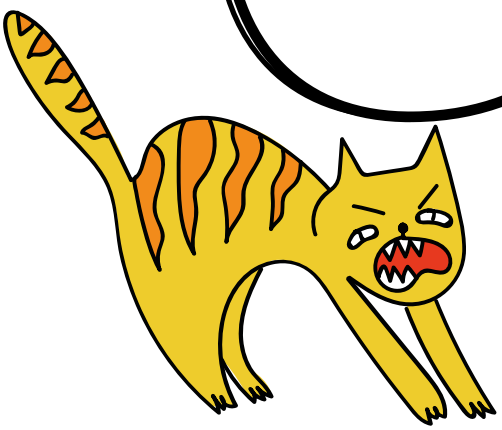
When these things happen, Hissy starts to feel her anger building up. Her tail flicks, her ears go back, and then...

HISS! SWIPE! PUFF UP!

WHAT MAKES YOU ANGRY?

Just like Hissy, you have triggers that make you feel angry.

Write or draw things that make you angry.



HISSY'S HISS-O-METER!

Hissy does not just explode into full HISS mode—her anger builds up, just like a cat getting more and more annoyed!

Where are YOU on the Hiss-O-Meter right now?

FULL HISS MODE!

I am so angry I want to shout, stomp, or throw something. I feel like I might explode!

WARNING HISS

I feel really upset. My body feels tense, and I want to yell or walk away.

TAIL FLICKING

I feel annoyed. Something is bothering me, and I am starting to get frustrated.

PURRING & CALM

I feel happy, relaxed, and everything is okay.

BREATHE LIKE HISSY

Did you know that when Hissy the cat feels angry, she takes slow, deep breaths to calm her whiskers instead of hissing and swiping? You can do the same when you feel upset, frustrated, or ready to explode!

Try this Hissy Breathing exercise to help your body and mind cool down:

1

Breathe in slowly through your nose - count to 4.

2

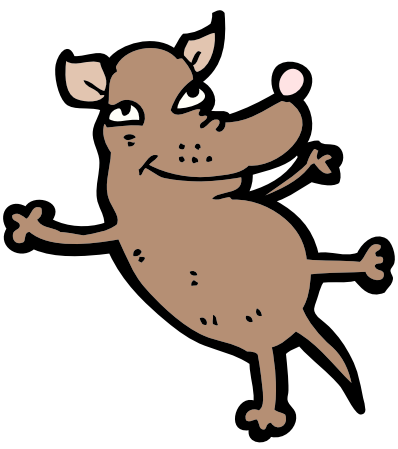
Hold your breath for a moment - count to 2.

3

Breathe out slowly through your mouth - count to 6.

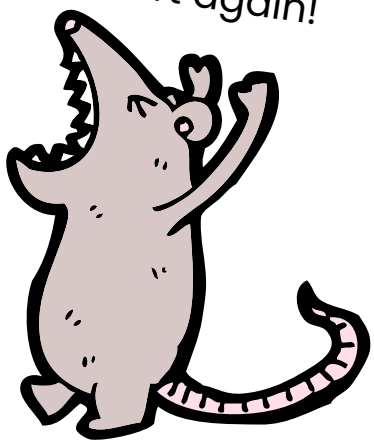
Do this 5 times and check how you feel:

CALM



OKAY

STILL ANGRY
- Start again!



Even the grumpiest cats need to breathe to stay in control! You can use this anytime you feel big emotions.

HISSY'S CALM-DOWN COUNTDOWN

Uh-oh! Hissy is feeling angry... but wait! Hissy knows that hissing and swiping are not the best ways to handle big feelings. Instead, she counts down to stay in control! Can you count down and calm down like Hissy? Let's try!

NAME **FIVE** THINGS YOU CAN SEE

NAME **FOUR** THINGS YOU CAN TOUCH

NAME **THREE** THINGS YOU CAN HEAR

NAME **TWO** THINGS YOU CAN SMELL

NOW, TAKE **ONE** BIG DEEP BREATH IN...

AND SLOWLY BREATHE OUT.

Now, how do you feel?

CALM

OKAY

STILL ANGRY

- start again!

Pause, breathe, and think before you react! Try this trick anytime your claws (or fists) start to feel tight.

HISSY'S THOUGHT SWAP!

Hissy gets angry just like anyone else. When her thoughts take over, things can get worse. But wait—Hissy does not just HISS and SWIPE at everything... she can swap negative thoughts for better ones!

NEGATIVE THOUGHT

I am so mad, I want to hiss and swipe!

Hissy first thought that hissing and swiping would fix things. She believed that showing her anger would make others listen.

POSITIVE THOUGHT

I can flick my tail and walk away instead.

But then Hissy realised she could handle it differently. Instead of letting anger take over, she found a way to calm down and feel better.

NEGATIVE THOUGHT

They took my spot! Now I have nowhere to sit!

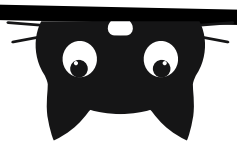
POSITIVE THOUGHT

I can find another cosy spot or wait my turn.

YOUR THOUGHT SWAP!

Think of a time when you felt angry. What did you think in that moment?
How could you think about it in a better way?

NEGATIVE THOUGHT



POSITIVE THOUGHT

HISSY'S "STOP AND THINK" CHALLENGE!

Hissy sometimes reacts with big emotions, but she can also pause and think before acting. When you feel angry, take a moment to choose the best reaction.

WHAT WOULD ANGRY HISSY DO?

Angry Hissy acts **without thinking** when she feels mad.

Angry Hissy Reaction:
Hissy hisses and knocks over someone else's food!

SITUATION:
Someone knocks over Hissy's food bowl while she is eating.

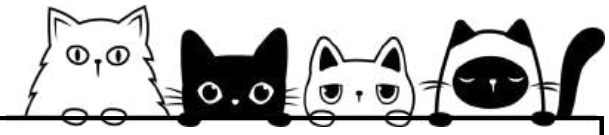
WHAT WOULD CALM HISSY DO?

But Calm Hissy **stops and thinks** before she reacts.

Calm Hissy Reaction:
Hissy takes a deep breath, steps back, and waits for her food to be cleaned up and replaced.

YOUR TURN:

SITUATION: *(What happened that made you upset?)*



WHAT WOULD ANGRY HISSY DO?

What would happen if you reacted with anger?

WHAT WOULD CALM HISSY DO?

What is a better way to handle it?

ANGRY HISSY VS. CALM HISSY: HOW DO YOU REACT?

When you feel angry, you can react like Angry Hissy (with big emotions) or like Calm Hissy (with control and calmness).

Look at the situations below. Circle if it's an Angry Hissy Reaction or a Calm Hissy Reaction.

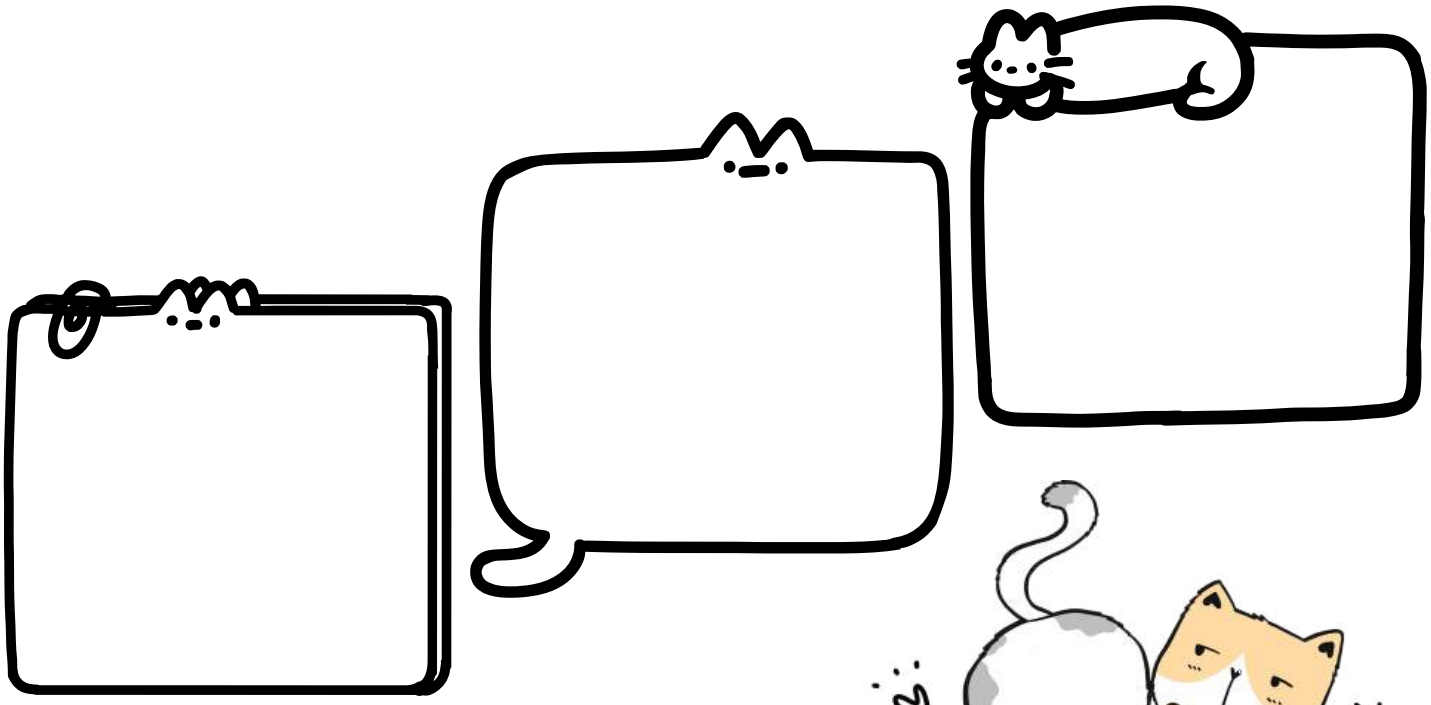
Shouting at your friend when angry – 😾 Angry Hissy / 😸 Calm Hissy
Taking deep breaths to calm down – 😾 Angry Hissy / 😸 Calm Hissy
Walking away instead of arguing – 😾 Angry Hissy / 😸 Calm Hissy
Slamming a door or throwing something when mad – 😾 Angry Hissy / 😸 Calm Hissy
Talking about your feelings with someone – 😾 Angry Hissy / 😸 Calm Hissy
Hitting, pushing, or lashing out when upset – 😾 Angry Hissy / 😸 Calm Hissy
Counting to 10 before reacting – 😾 Angry Hissy / 😸 Calm Hissy
Grabbing something back when someone takes it – 😾 Angry Hissy / 😸 Calm Hissy
Asking politely when you want something – 😾 Angry Hissy / 😸 Calm Hissy
🔟 Frowning, crossing arms, or refusing to talk when annoyed – 😾 Angry Hissy / 😸 Calm Hissy
Writing down or drawing your feelings – 😾 Angry Hissy / 😸 Calm Hissy
Blaming someone else when something goes wrong – 😾 Angry Hissy / 😸 Calm Hissy
Saying "I need a break" when feeling overwhelmed – 😾 Angry Hissy / 😸 Calm Hissy
Rolling eyes, making rude gestures, or refusing to listen – 😾 Angry Hissy / 😸 Calm Hissy
Using a stress ball or squeezing something to relax – 😾 Angry Hissy / 😸 Calm Hissy

Great job! The more you practice, the more you can choose to act like Calm Hissy! Stop, Think, and Choose the Best Reaction!

TEAM UP WITH YOUR CALM CREW!

Who Can Help You Stay Calm?

Hissy may feel angry sometimes, but she is not alone! She has her favourite humans and other cats to help her calm down when things feel too much. Who can YOU turn to when you feel angry?



Practise asking for help:

Example:

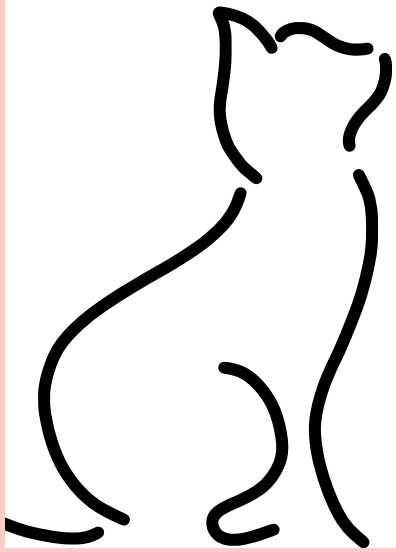
"I feel really mad. Can you help me by talking to me?"

"I feel frustrated. Can you help me by giving me some space?"

HISSY'S CALM ZONE

Where does Hissy go when she needs to be alone? Where can YOU go?

Draw a "calm zone" where you can go to cool down.



HISSY'S ANGER LOG

Track Your Anger & Learn From It

Hissy does not always stay calm, but she learns from her anger. Keeping track of your feelings helps you stay in control, just like a calm cat.
Write about a time you felt angry today:

WHAT MADE YOU ANGRY?

HOW DID YOU REACT?

WHAT COULD YOU DO DIFFERENTLY NEXT TIME?

HISSY'S APOLOGY PRACTICE

Sometimes things go wrong, and feelings get hurt. Saying sorry helps make things right. Hissy knows that fixing mistakes is just as important as being strong and standing up for herself.

Write an apology you could say to someone:

"I'm sorry for ____. Next time, I will ____."

Now, practise saying it out loud!

A real apology means you mean it and try to do better next time!

HISSY'S BIG HISS & COOL-DOWN!

Your Mission:
Fill in the comic showing Hissy getting angry and how she deals with it!

Something happens that makes Hissy mad! What is it?

Hissy starts to feel her anger growing. What signs can you show?

Hissy is about to HISS and SWIPE! But WAIT—what can she do instead?

Hissy finds a way to calm down. What happens next?

CREATE YOUR OWN ANGER STORY!

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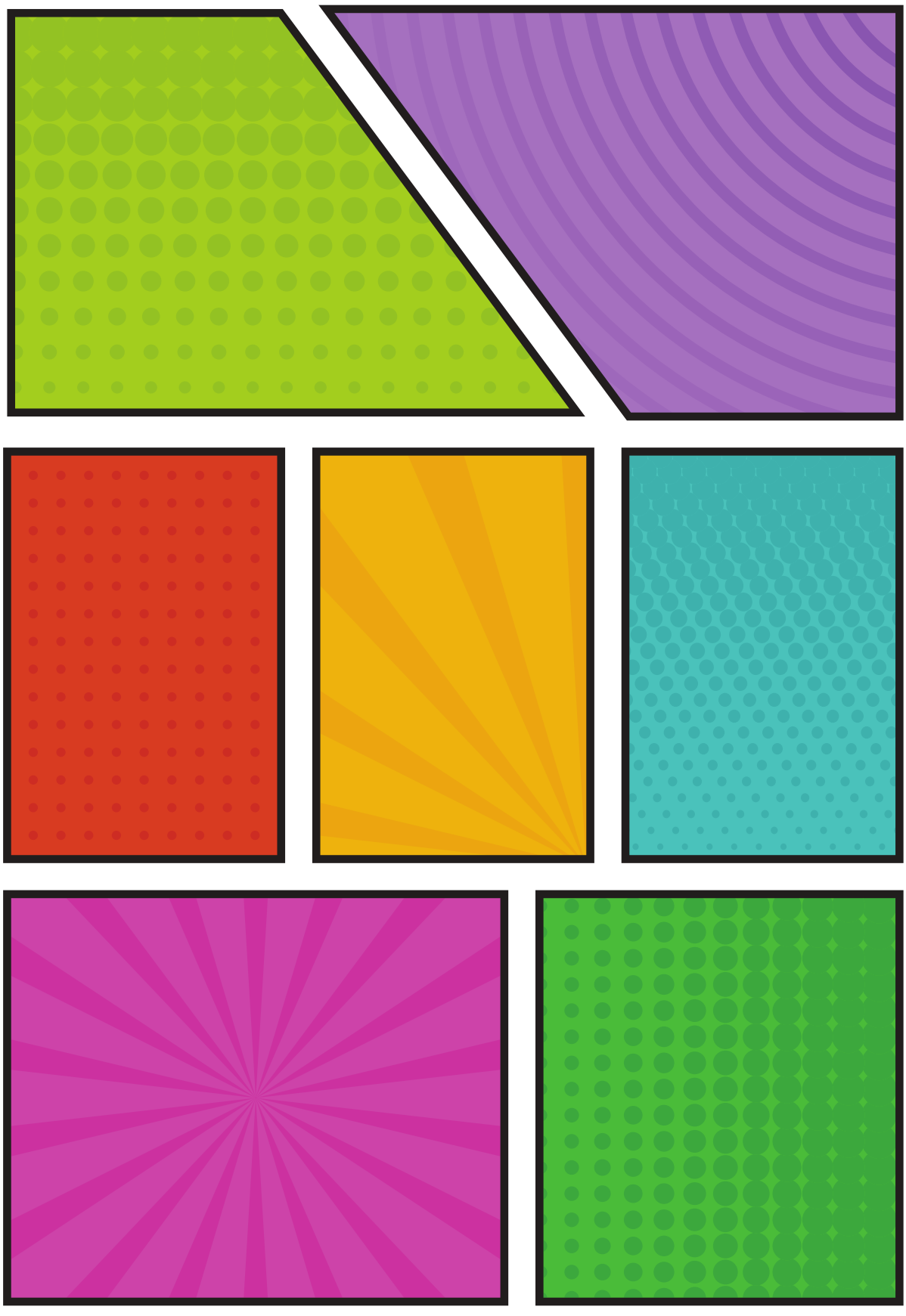
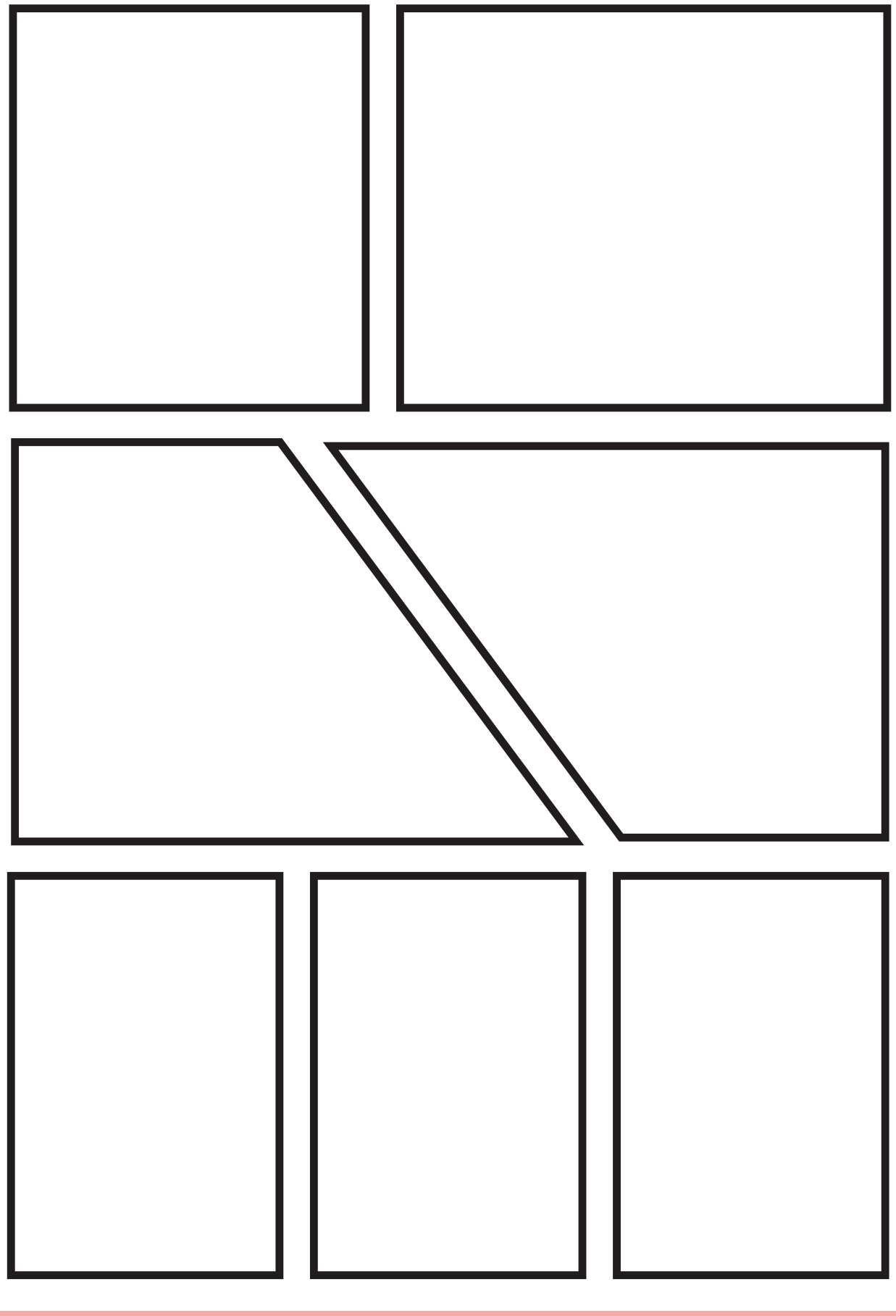


CREATE YOUR OWN STORY!



HISSY'S COOL DOWN CARDS

How to Use These Anger Management Cards:

Shuffle the cards or spread them out.
Pick one card when you feel angry or upset.
Follow the strategy on the card to help calm down.
If it doesn't work, try another card!
Keep going until you feel better.

Even the fiercest cats need a way to cool off! Use these cards whenever you feel frustrated, overwhelmed, or need a break.

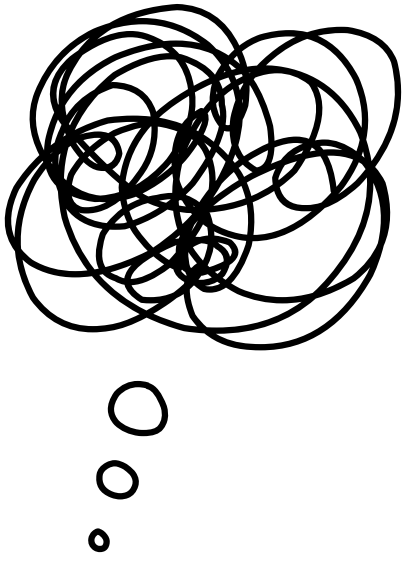
TAKE DEEP BREATHS

Try Hulk breathing (inhale for 4, hold for 2, exhale for 6).

PUNCH A PILLOW

Get the anger out safely!

DRAW OR SCRIBBLE



Create a "mad monster" or "calm superhero."

RUN OR JUMP

Hulk gets energy out by smashing; you can run, jump, or do jumping jacks!

LISTEN TO MUSIC

Blast your favourite song or sing along.

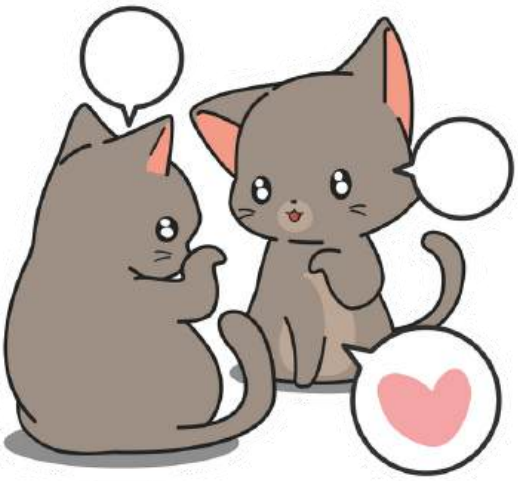
WRITE IT DOWN

Keep an “anger journal” and let your feelings out on paper.

RIP PAPER

Tearing paper can feel satisfying (just not important ones!).

TALK TO SOMEONE

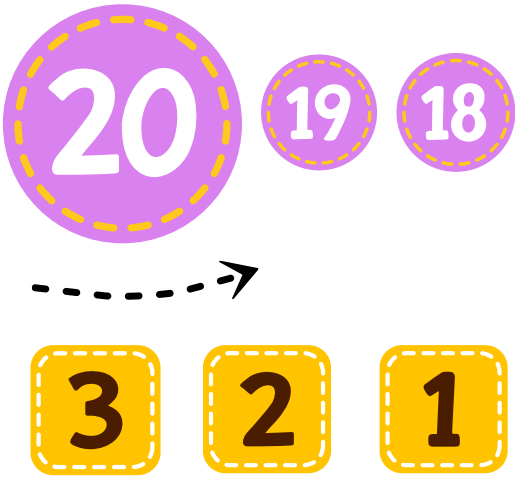


A friend, parent, or teacher can help.

DRINK WATER

A cool drink can help calm your body.

COUNT BACKWARDS FROM 20



Give your brain time to reset.

WALK AWAY

Take a break from the situation.

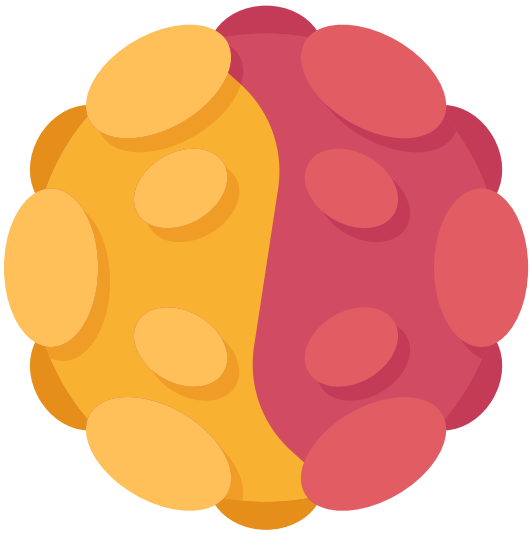
HUG SOMETHING OR SOMEONE

A soft toy, pillow, or even yourself.

BLOW BUBBLES

Focus on slow, deep breaths while watching them float.

PLAY WITH SOMETHING SQUISHY



Stress balls or slime help calm down.

STRETCH OR DO YOGA

Try “Hulk pose” (stand tall, arms strong!).

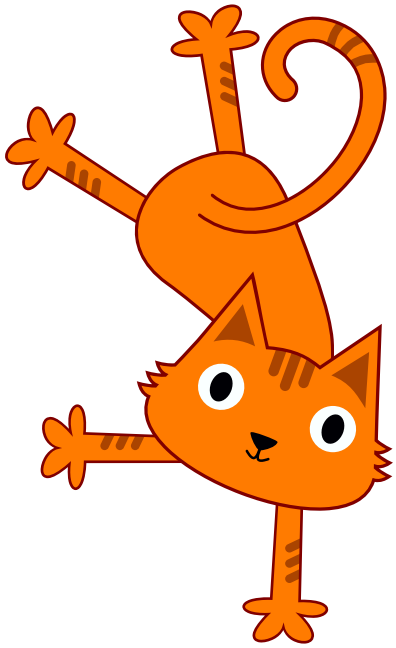
IMAGINE A PEACEFUL PLACE

Picture a favourite memory or a calm setting.

WATCH A FUNNY VIDEO

Laughter makes anger disappear.

DO A FUN CHALLENGE



Try balancing on one foot or a quick puzzle!

PET AN ANIMAL

If you have a pet, cuddle them for comfort.

SAY "I GOT THIS!"

Remind yourself YOU are in control, not anger!

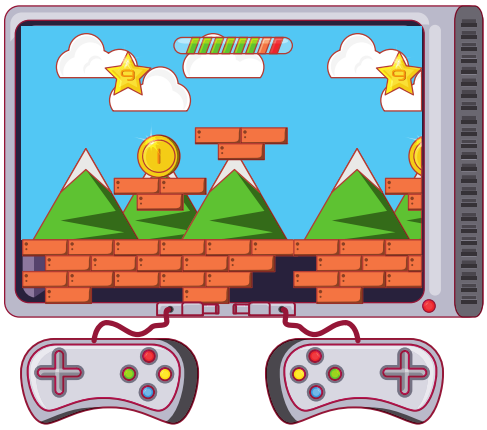
DO 10 PUSH-UPS

Hulk gets strong when he calms down!

DO A FUN SPORTS CHALLENGE

Try dribbling a ball fast or doing trick shots.

PLAY A VIDEO GAME (CALM ONE!)

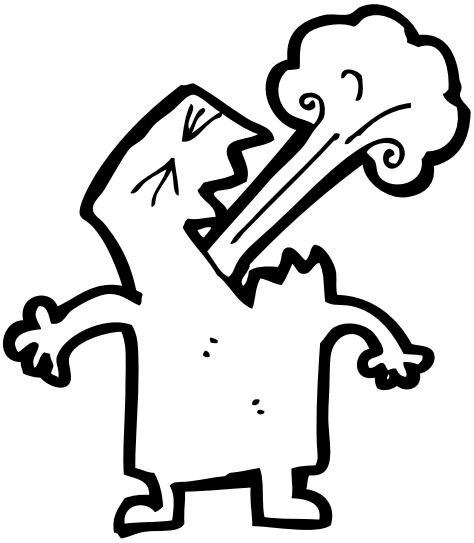


Racing or building games work best.

TRY A TRICK SHOT CHALLENGE

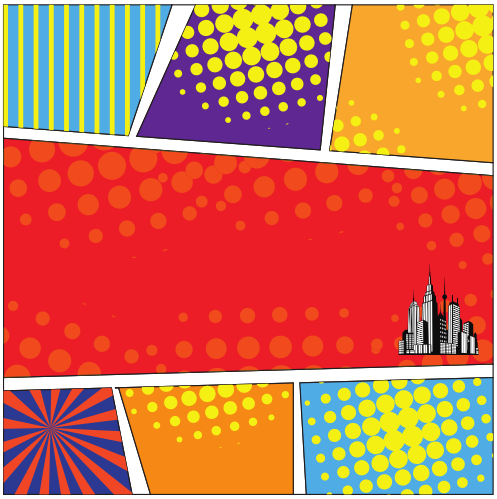
Can you throw a sock into a basket from across the room?

DRAW YOUR ANGER AS A MONSTER



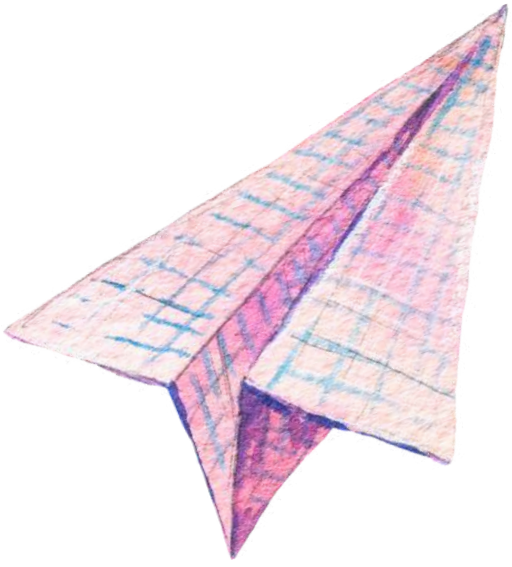
Then give it a silly name!

WRITE A COMIC STRIP



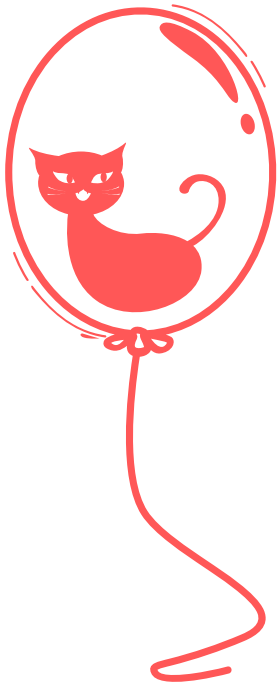
Make up a funny or action-packed adventure.

MAKE PAPER AIRPLANES



Launch your anger away!

BLOW UP A BALLOON

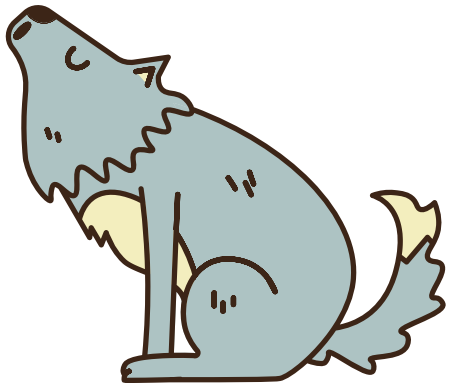


It helps control breathing.

CALL OR TEXT A FRIEND

Talk about something fun,
not just anger.

TELL A JOKE



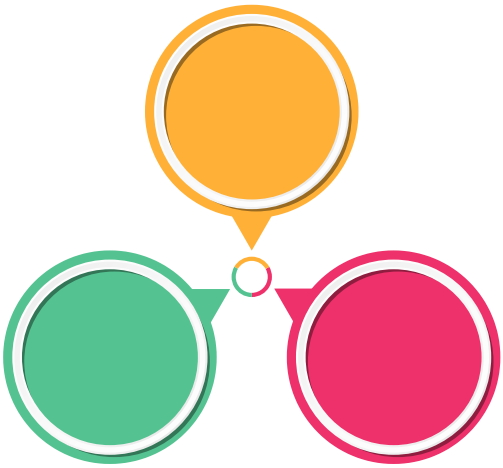
HOWL
YOU DOIN'

Even if it's bad, it makes you smile!

PRETEND YOU'RE AN ANNOUNCER

Talk about your feelings like
a sports match!

TRY TO FIND 3 GOOD THINGS ABOUT YOUR DAY



Even small ones count!

BLOW INTO YOUR HANDS LIKE A DRAGON

Deep breathing, but make it fun!

ROLL UP IN A BLANKET LIKE A BURRITO

It feels safe and cozy.

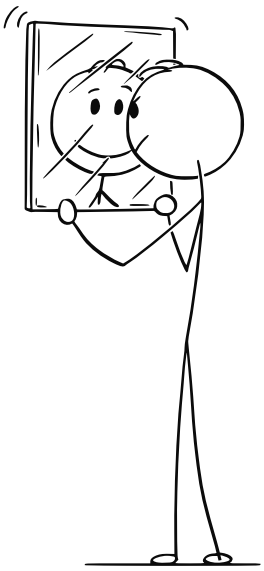
SMELL SOMETHING NICE

A flower, soap, or even your favourite food.

TAP YOUR FINGERS SLOWLY

Tap your thumb to each finger one by one, then go back.

MAKE A FUNNY FACE IN THE MIRROR

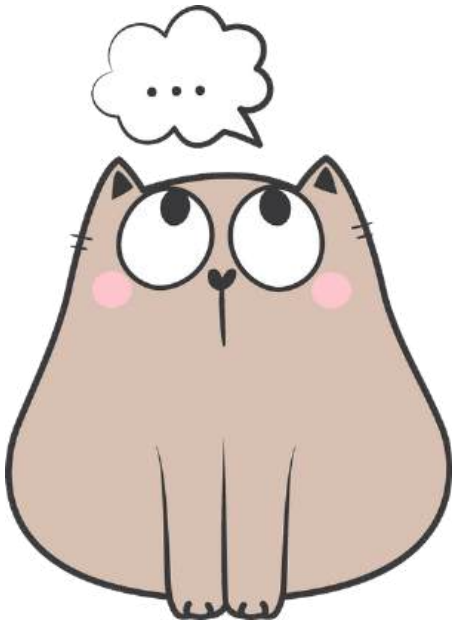


It is hard to stay mad while laughing!

TALK TO YOUR ANGER

Pretend it is a little monster and tell it to go away.

THINK ABOUT SOMETHING AWESOME COMING UP



A game, a trip, or a favourite snack!

PRETEND YOU ARE A SUPERHERO

Ask yourself, “What would Hulk do to stay calm?”

ABOUT THIS RESOURCE

FREE ANGER MANAGEMENT WORKSHEETS FOR KIDS: Cat-Themed Emotional Regulation Resources

Managing anger can be tricky, but this fun and engaging workbook helps children recognise their emotions and learn to stay in control—just like Hissy the cat! Instead of hissing and swiping when she gets angry, Hissy learns to spot her warning signs, understand her triggers, and use calming strategies to feel better.

What's Inside?

This printable anger management pack includes:

- **Hissy's Anger Warning Signs** – Helps children recognise how their body feels when anger starts to build.
- **The Hiss-O-Meter** – A visual anger scale to track emotions from calm to full "HISS" mode.
- **What Makes Hissy Angry?** – Encourages kids to reflect on their own anger triggers.
- **Breathe Like Hissy** – A calming breathing exercise to cool down big emotions.
- **Hissy's Calm-Down Countdown** – A step-by-step technique to reset before anger takes over.
- **Thought Swap Activity** – Helps children turn angry thoughts into more positive ones.
- **Angry Hissy vs. Calm Hissy Reaction Guide** – Teaches the difference between reacting with frustration and responding calmly.
- **Hissy's Anger Log** – An anger journal to help children reflect and learn from their feelings.
- **Apology Practice Worksheet** – Guides children through making amends after an angry moment.
- **Hissy's Calm Zone** – A creative activity to help children find a safe space to cool down.
- **Hissy's Calm Cards** – Quick, easy strategies to manage anger, including deep breathing, movement, and sensory activities.

How to Use This Resource

Many children struggle to express their anger in a healthy way. This Hissy-themed resource makes learning about emotions fun, relatable, and easy to understand. By following Hissy's journey, children can recognise when they are getting frustrated and practise using positive coping strategies before their emotions take over.

Who Can Use This Resource

- At Home: Parents can use these worksheets to help children understand and talk about their emotions in a fun way.
- In Schools: Teachers and school staff can incorporate these activities into social-emotional learning (SEL) lessons, group discussions, or one-on-one support sessions.
- For Therapists and Social Workers: These resources can be used in anger management therapy or cognitive-behavioural support for children.
- In Fostering & Care Settings: Foster carers and support workers can help care-experienced children develop emotional regulation skills in a safe and engaging way.

Why Use a Cat-Themed Approach?

Hissy's behaviour is just like a real cat's! She starts with small signs of frustration—like flicking her tail—before getting really angry. This helps children understand that anger builds up in stages, and they can take action before they reach full "HISS" mode.

By learning from Hissy, children can develop the skills to recognise, manage, and express their emotions in a positive and healthy way.

Let's help kids stay calm like Hissy! 🐱💛

Download Your Free Anger Management Worksheets for Kids Today!

These fun and interactive printables are a great way to help kids recognise emotions, develop coping skills, and manage anger in a safe and healthy way.