

# EMOTIONAL LITERACY POSTERS: Anger



## BODY SIGNALS

### FRUSTRATED

Sighing, frowning and little prickles in your chest.



### MAD

Crossing arms, loud voice. Feels hot in your face and chest.



### FURIOUS

Tight jaw, clenched fists. Voice wants to scream out.



## WHY WE FEEL IT

Anger is our body's way of telling us when something is wrong. It should never be ignored. It is "secondary" which means it is usually caused by another feeling.

## TRIGGERS

dissapointment  
tiredness                      hunger  
guilt                      embarrassment  
feeling invisible or  
misunderstood  
hurt

## HOW TO PROCESS IT

PUSH A WALL



ASK FOR HELP



BREATHE  
DEEP + SLOW



HAVE A REST



PLAY IN  
THE SAND



! Feelings are messages from our body. Listening helps us take good care of ourselves!