



Feeling Angry or Frustrated?

- We can all feel angry at different times and for different reasons.
- It can be especially hard to keep your cool at the moment as everything is so different and we are spending a lot more time with the same people every day.
- This of course can be a good thing but sometimes it can be hard for everyone to remember to be patient with one another.
- We may not even be annoyed with other people in our household, we may just be really frustrated by the situation we are in and emotions can bubble over.

You can try the



approach



Some signs that you might be about to get angry are.

- Muscles tense up
- Heart beats faster
- Sweating
- Faster breathing
- Red face
- Butterflies in your tummy

So if you think you might be about to get angry **STOP**, and take a deep breath in and let it out slowly.



- Now try to **SLOW** things down.
- Try to do one of the breathing techniques or grounding activities

○ 5,4,3,2,1

- Sit a little taller in your seat.
- breathe in and slowly breathe out:
- Identify and name
 - 5 things you can see
 - Observe colours, shapes, textures
 - 4 things you can feel
 - Feel your feet flat on the floor, your legs against the chair, how warm or cold your hands and feet are
 - 3 things you can hear
 - Listen to sounds of your body like breathing, sounds in the room, a ticking clock, sounds outside the room or even far away
 - 2 things you can smell
 - Can you smell food, perfume, paper, books? Close your eyes if it helps
 - 1 thing you can taste
 - Even if you haven't eaten anything can you taste what you ate last, your toothpaste, or even just notice your tongue in your mouth and your saliva...nice!





- **GO**
- Do something else.
- Put on music
- Draw
- Walk the dog
- Do some exercise

There are some more tips on what to do in the young minds leaflet. You will find it in the link below this one on the school website.