

Anger Management – Feeling angry – Fight or Flight

Think of actors on TV or films where they have displayed anger.

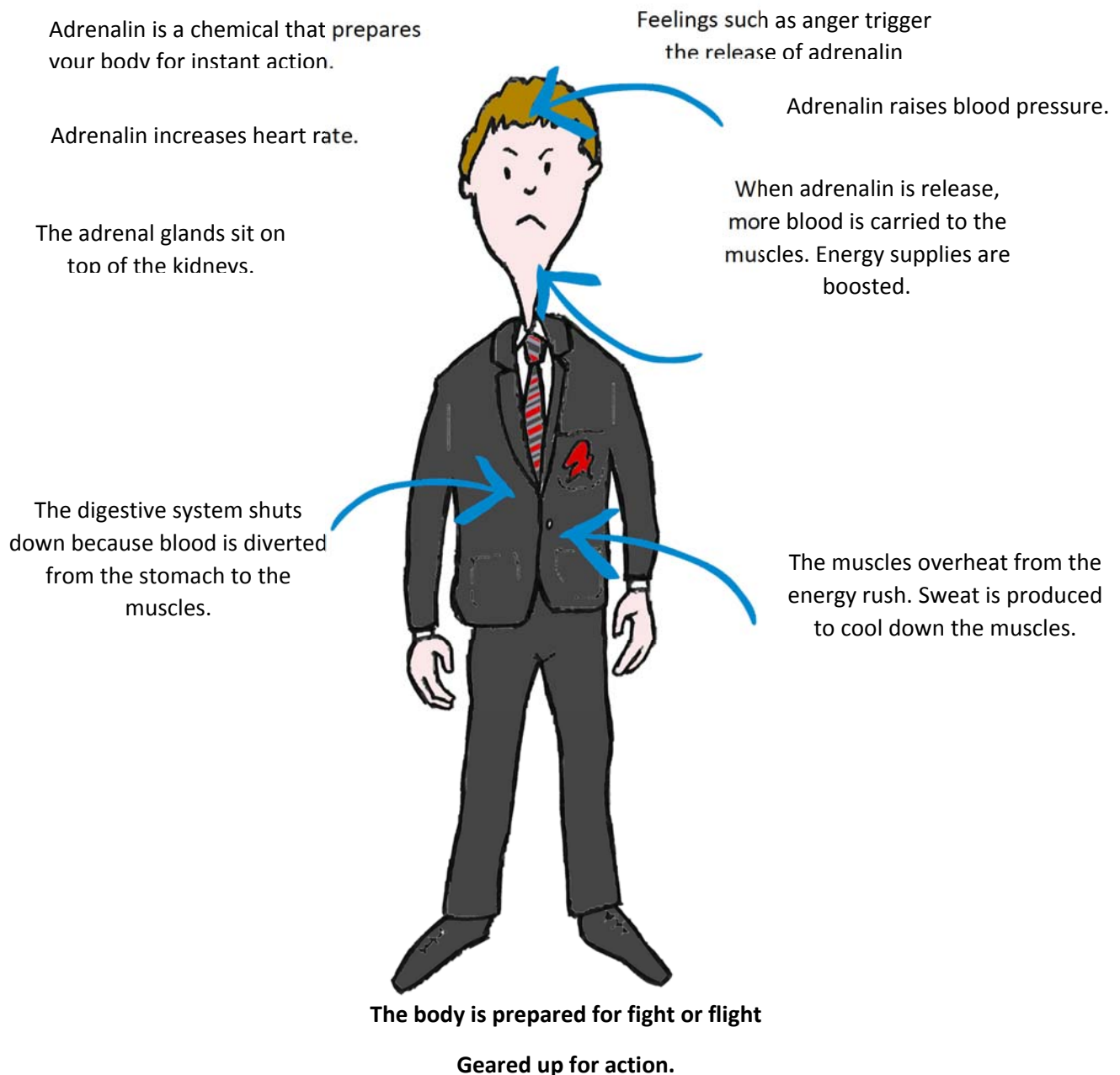
How do the actors show the feeling anger?

Now think about you & your anger, do you display the same as the actors?

What you do when you are angry, what do you display?

When you feel angry your body changes, look at the 'Angry Andy' below & think of what happens when you've felt angry & how your body changed.

Angry Andy



When you felt angry what did your body feel like? What changes did you notice? List them below

In a stressful situation, your body gets ready to meet the challenge. The picture shows some of the reasons for the physical changes in your body.

Activity - Design a poster titled – How anger affects your body?

Think of how school life and or events at home trigger the '*fight or flight*' reaction. List a few of these & discuss with your course key worker.

Was it the right reaction? Could you have handled these differently?

Can you set yourself a target(s) for next time?

Self-target Time

1

2