

Anger Word Search

Learn more about anger by finding the words!

E P L R B C E E G G A D P B O
R U G V T Q L C R E N U R S U
A N N Y R Y B R L B N E P S T
H C I Q L G A T D O A L Q V S
S H L H U R T N I T E U C P I
A I L P I O R S H H E V S O D
M N E K B A O E X E R C I S E
E G Y Q G L F J Z S R H P T H
S L I G P P M E O K E L L E Y
T S L X G T O A B I H W L O M
U U E E S V C N O I T O M E R
M H R R H M N G O N A C L O V
R T S T P C U R U H E T P S A
C E H N L X I Y F H H Z X Z F
T N U O C E E M K I C K I N G

ANGRY
BOTTLE
BREATHE
COUNT
EMOTION
EXERCISE

EXPLOSION
EXPRESS
HELP
HURT
KICKING
OUTSIDE
PUNCHING

SHARE
SQUEEZE
TURTLE
UNCOMFORTABLE
VOLCANO
YELLING

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DEFINITIONS:

ANGRY: The feeling of frustration and hurt.

BOTTLE: Holding in all your anger instead of expressing it in a healthy way.

BREATHE: Take deep breaths when you feel like you are starting to get angry.

COUNT: Sometimes counting can help to calm you down.

EMOTION: Angry is an emotion.

EXERCISE: Getting your body moving can help you when you feel angry.

EXPLOSION: Having angry outbursts. Try some healthy alternatives.

EXPRESS: Expressing your feelings is a healthy way to let people know you are upset.

HELP: Don't be afraid to ask someone for help if you feel you can't control your anger.

HURT: Often feelings of hurt can lead to anger. Get help if you think this is happening to you.

KICKING: An unhealthy way to deal with your anger.

OUTSIDE: Going outside to get some fresh air can help you calm down.

PUNCHING: This is not a healthy way to express your anger.

SHARE: Talk about what is making you angry with someone you trust.

SQUEEZE: Use a stress ball to help you when you are upset.

TURTLE: Go inside your shell, take a deep breath, and come back out when you're ready.

UNCOMFORTABLE: Feeling angry can be an uncomfortable feeling. It's ok to feel this way. Use healthy techniques to help with those feelings.

VOLCANO: Sometimes it feels like you have a volcano in your stomach that is about to explode. If you feel this way then start to try healthy alternatives.

YELLING: When we get angry its common to yell. This isn't a healthy anger style.

**If you think you might need help with your anger, talk with a trusted adult about seeing a counsellor.
You can phone Catholic Family Services of the Battlefords at (306)445-6960.**