

**What makes you angry?**

**Is it ever ok to hurt someone because you are angry?**

**Who can you talk to about your anger?**

**Tell me about a time you got angry at home.**

**Tell me about a time you got angry at school.**

**Tell me about a time you got angry at a family member.**

Tell me about a time you got angry at a friend.

Show me how you can breathe when you are angry.

What is a coping skill you can use when you are angry.

Can you tell me any other words for anger? how many?

Show me how your face looks when you are angry.

Show me how your hands look when you are angry.

Show me how  
you sit when you  
are angry.

How does your  
body feel when  
you are angry?

How do you feel  
when others are  
angry?

Is being angry  
bad?

Is it ok to be  
angry?

Name something  
in your toolbox  
for dealing with  
anger.

What do the people around you do when they are angry?

Have you ever broken something because you were angry?

Is it ok to break someone else's property when you are angry?

Has someone ever hurt you when they were angry?

Has someone ever hurt you when they were angry?

Have you ever hurt someone when you were angry?

Who is someone  
that can help  
you when you're  
angry?

What is  
something you  
can do with your  
eyes when you  
are angry?

What is  
something you  
can do with your  
nose when you  
are angry?

What is  
something you  
can do with your  
ears when you  
are angry?

What is  
something you  
can do with your  
hands when you  
are angry?

What is  
something you  
can do with your  
mouth when you  
are angry?

What is something fun you can do when you are angry?

What is something active you can do when you are angry?

What is something still and quiet you can do when you are angry?

How does your body feel when you are angry?

What helps you calm down when you are angry?

When were you angry last? What Happened?

Tell me about a time you were angry and acted in a way that got you in trouble.

Tell me about a time you were angry and acted in a positive way.

Tell me about a time you were angry and used breathing to calm down.

Tell me about a time you were angry and used counting to calm down.

Tell me about a time you were angry and used exercise to calm down.

What is something you can do with your feet when you are angry?