

What does anger feel like in your body?

What are three things that often make you feel angry?

What is the worst thing you have done when you were angry?

Anger Conversation Cards

[www.FeelingsHelpBox.com](http://www FeelingsHelpBox.com)

FREE DOWNLOAD

Is anger always bad?
Why or why not?

Who or what makes you angry the most?

Do you ever shout, hit or break things when you are angry?

What does anger feel like in your body?

What are three things that often make you feel angry?

What is the worst thing you have done when you were angry?

What happens after you lose your temper?

What helps you calm down when you are angry?

What have you learned about yourself from being angry?

Is anger always bad? Why or why not?

Who or what makes you angry the most?

Do you ever shout, hit or break things when you are angry?

How do you feel afterwards when your anger has made things worse?

What could someone else do or say to help you feel calmer?

What would you say to a friend who feels angry a lot?

How do you know when your anger is starting to build up?

Is there something small that can quickly make you feel very angry?

What happens when you keep your anger inside?

What do you wish you had done differently in a time you got really angry?

Who do you feel safe talking to when you are angry?

What does it mean to show anger in a safe and respectful way?

What words would you use to describe anger?

Do you ever get angry when you feel left out or ignored?

Have you ever hurt someone's feelings when you were angry?

Can you think of a time when you handled anger in a good way?

What could you try doing next time you feel yourself getting angry?

What colour or animal would your anger be?

Do you feel angrier at home, at school, or somewhere else?

Can you stay quiet when you are angry, or do you need to let it out?

What would a calm version of you say to your angry self?

Can drawing, writing or walking help you when you feel angry?

What does your face or body do when you are angry?

How often do you feel angry?

Is it ever OK to hit or lash out when you are angry? Why not?

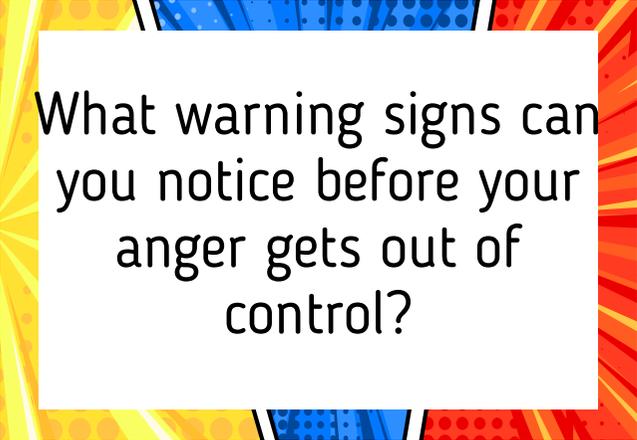
What do adults say or do when you are angry? Does it help?

Do you think breathing or counting could help when anger grows?

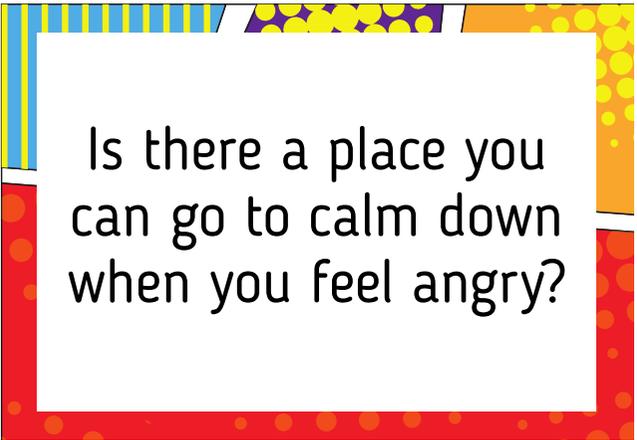
Have you ever been angry and not really known why?

What do you think your anger might be trying to tell you?

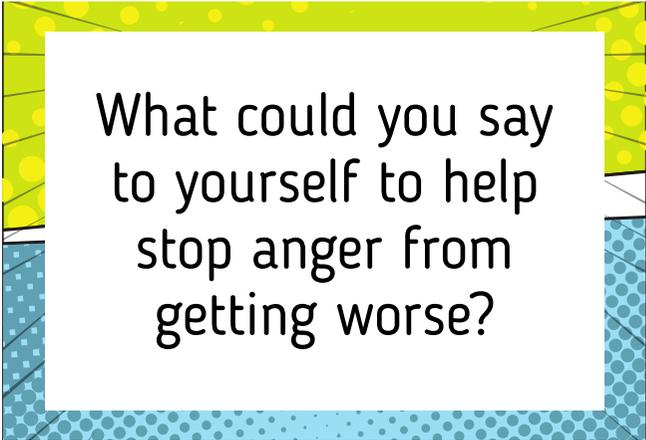
Do you get angry more when you are tired, hungry or stressed?



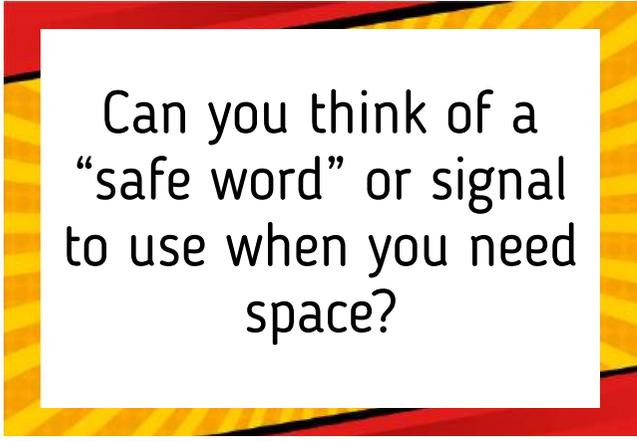
What warning signs can you notice before your anger gets out of control?



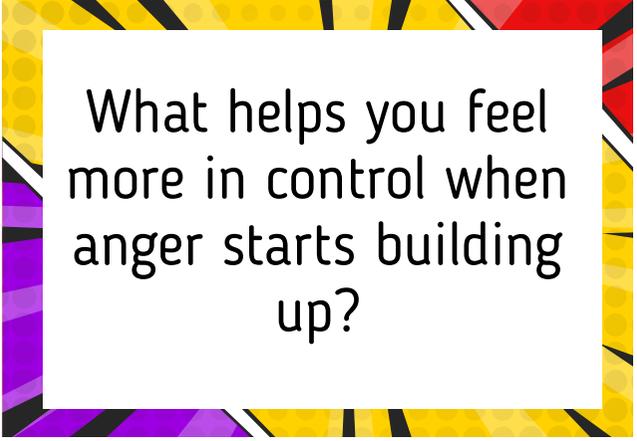
Is there a place you can go to calm down when you feel angry?



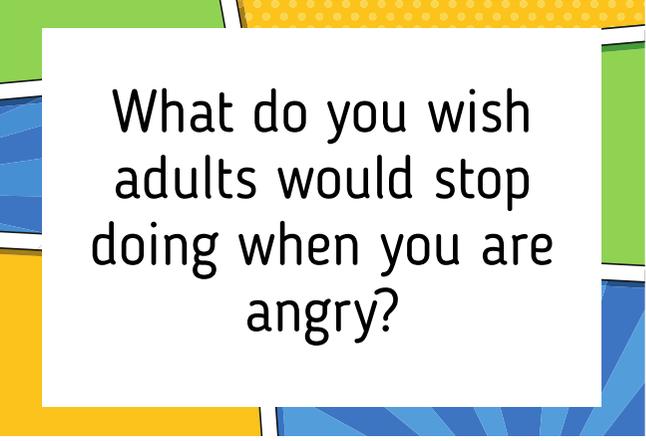
What could you say to yourself to help stop anger from getting worse?



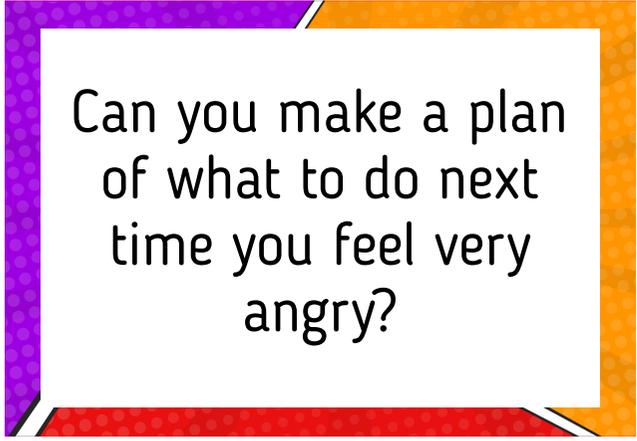
Can you think of a “safe word” or signal to use when you need space?



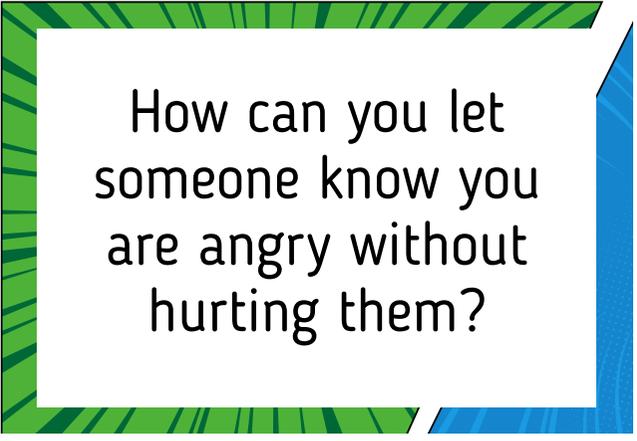
What helps you feel more in control when anger starts building up?



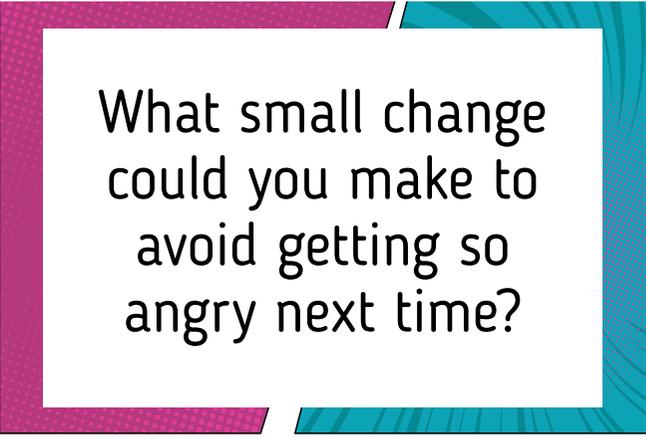
What do you wish adults would stop doing when you are angry?



Can you make a plan of what to do next time you feel very angry?



How can you let someone know you are angry without hurting them?



What small change could you make to avoid getting so angry next time?

SEE OUR WEBSITES FOR MORE **FREE** RESOURCES

1 WWW.SOCIALWORKERSTOOLBOX.COM



2 WWW.ANXIETYHELPBOX.COM



3 WWW.FEELINGSHELPBOX.COM



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