



KS2 Emotions Activity 5

Everyone gets angry sometimes. There are lots of things we can do to get us back into the green zone. This will help us be happy, calm and ready to learn.

Have a look at the “It’s okay to be angry” example below. See if you can use the blank template to make your own tool for getting back to the green zone.

It's okay to be angry

When I'm angry I can...

Go for a walk	Scream into an angry pillow	Stomp!	Star jumps	Go for a run

This will make me feel calm again.

Take a deep breath	Listen to a favourite song	Go to the sensory room	Ask for a time out	Lie on the bean bags

Watch TV	Have a drink of water	Do some yoga	Talk to someone	Draw a picture

It's okay to be angry

When I'm angry I can...

--	--	--	--	--

This will make me feel calm again.
