

**WARNING!**

**Anger Ahead!**

## Understanding My Anger Warning Signs

When we are trying to control our anger, it is very important for us to know that we are feeling angry! Thankfully, our bodies give us a lot of warning signs to let us know that we are getting angry so we can do something about it and calm down. However, sometimes we may not notice these warning signs, and then we are not able to calm down in time and end up making poor choices.

Listed below are many examples of anger warning signs. Remember, though, that everyone's bodies are different and each person has different warning signs. Read the warning signs listed below and decide which ones are your warning signs. Cut out the warning signs that apply to you and glue/tape them onto the "Anger Ahead" warning sign. Hang the sign in a place that you will see it so you can get more familiar with your warning signs and begin to notice them when you get angry! Use the four blank spaces to write your own warning signs!

My body feels hot.

I cross my arms.

I call people names.

I throw things.

My body starts to shake.

I look down.

I scream loudly.

I hit, kick or push.

My heart beats fast.

I clench my fists.

I say "leave me alone."

I refuse to follow directions.

My body feels tense.

My face turns red.

I don't say anything.

I run away from the situation.

I breathe heavily.

I cry.

I speak fast.

I try to hide.