

**What questions could we ask that would help a child with their anger?**

* What is the poem about?*Anger*
* Have you ever felt angry? *Yes everyone does sometimes*
* What is anger? *An emotion*
* What does an angry face look like? Can you show me?
* What other words mean the same as angry? *Mad, furious, seething, cross etc.*
* What triggers does the person in the poem have? What are your triggers? *Being pushed, called names, being blamed, being teased*
* What is adrenaline? *A chemical that is released in our bodies when we are angry*
* What affects did the adrenaline have on the person in the poem’s body? *A red and hot face, fast heart beat, fast breathing and feeling sick*
* How does being angry affect your body?
* What sort of things does this person do when they are angry? *Bash someone, kick and hurt, damage something special*
* What sort of things do you do when you are angry?
* How do you feel afterwards when you have calmed down?
* What is the person going to plan? *Calming strategies, ways to cool off*
* What could you plan if you get angry?
* What calming strategies does the person in the poem use?*Count to ten, hide in a den, run fast, breathe slowly or have a cry.*
* What could you try to do?
* What is it important not to do when you are angry? *Hurt others, property and yourself*
* How could you let your anger out safely? *Any safe way such as screaming into a pillow or punching a pillow*

<https://www.elsa-support.co.uk/anger-poem-children-questions/>

With thanks to Debbie Palfreyman [www.elsa-support.co.uk](http://www.elsa-support.co.uk) (used with permission).