Anger Iceberg

Icebergs are giant,
floating pieces of ice
found in the coldest
parts of the ocean.
What you can see from
above is just a tiny part.
Most of the iceberg is
hidden under the
surface.

Mad

Enraged

Angly Furious

Annoyed

When we are angry, there are often other emotions under the surface

Guilty

Afraid Anxious Scared

Ashamed

Ashamed

Lonely Findantage

Vulnerable

Vulnerable

Our emotions affect our body sensations, thoughts and behaviours. What changes do you notice?