

ANGER ICEBERG

FOR KIDS

- ANGER ICEBERG STORY
- ANGER ICEBERG EXAMPLE
- BLANK ANGER ICEBERG
- LIST OF EMOTIONS
- DISCUSSION POINTS

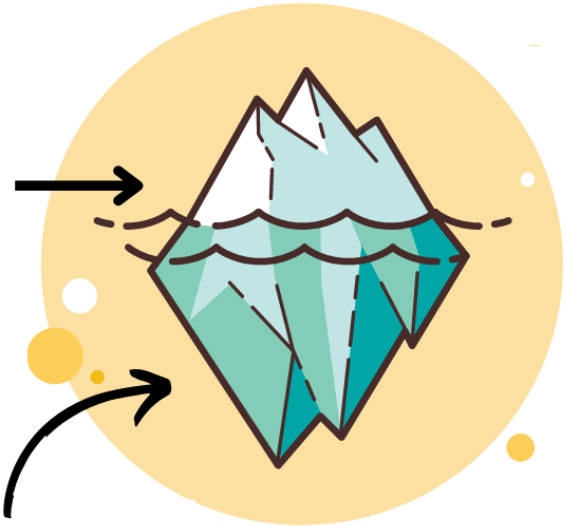


Hi! MY NAME iS PiNGO AND
i LiVE ON AN iCEBERG!
DO YOU KNOW WHAT AN
ICEBERG iS?

AN ICEBERG IS A HUGE PIECE OF ICE FLOATING IN THE OCEAN.

WHAT YOU CAN SEE, IS JUST THE SMALL PART THAT FLOATS ABOVE WATER.
IT'S CALLED THE TIP OF THE ICEBERG.





BUT THE PART OF THE ICEBERG HIDDEN UNDER THE WATER IS MUCH BIGGER! AND, YOU CAN'T SEE WHERE IT STARTS OR ENDS.

DO YOU KNOW WHAT IS SIMILAR TO AN ICEBERG TOO?

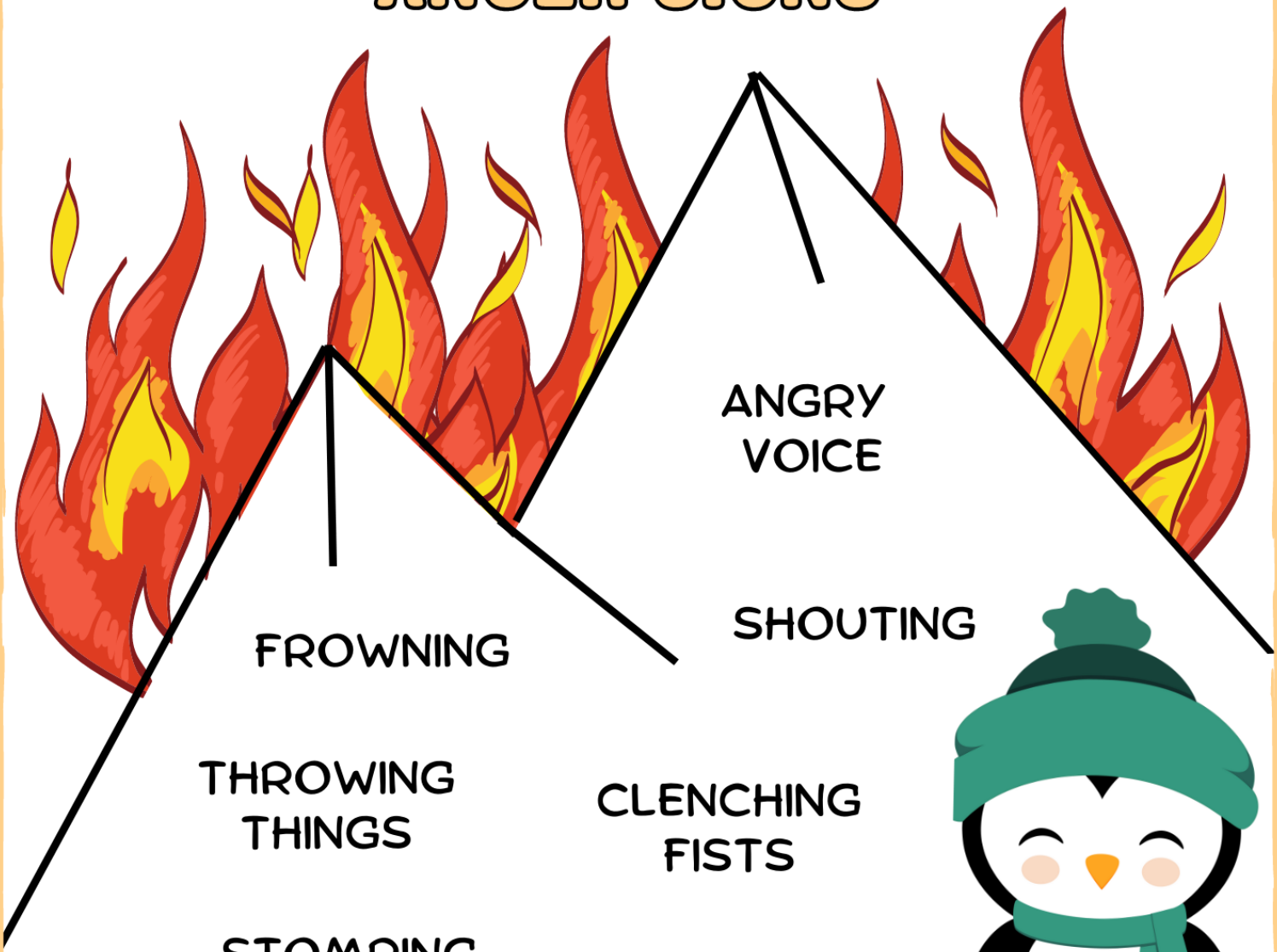




ANGER

THERE ARE SOME THINGS ABOVE THE SURFACE THAT YOU CAN SEE:

ANGER SIGNS



ANGER SIGNS ARE EASY TO SPOT

BUT THERE MAY BE MANY OTHER THINGS GOING ON UNDER THE SURFACE



SHAME

BECAUSE I DID SOMETHING WRONG

FRUSTRATION

BECAUSE I CAN'T FIGURE OUT THIS MATHS PROBLEM

OUTRAGE

BECAUSE MOM BLAMED ME FOR SOMETHING I DIDN'T DO

HURT

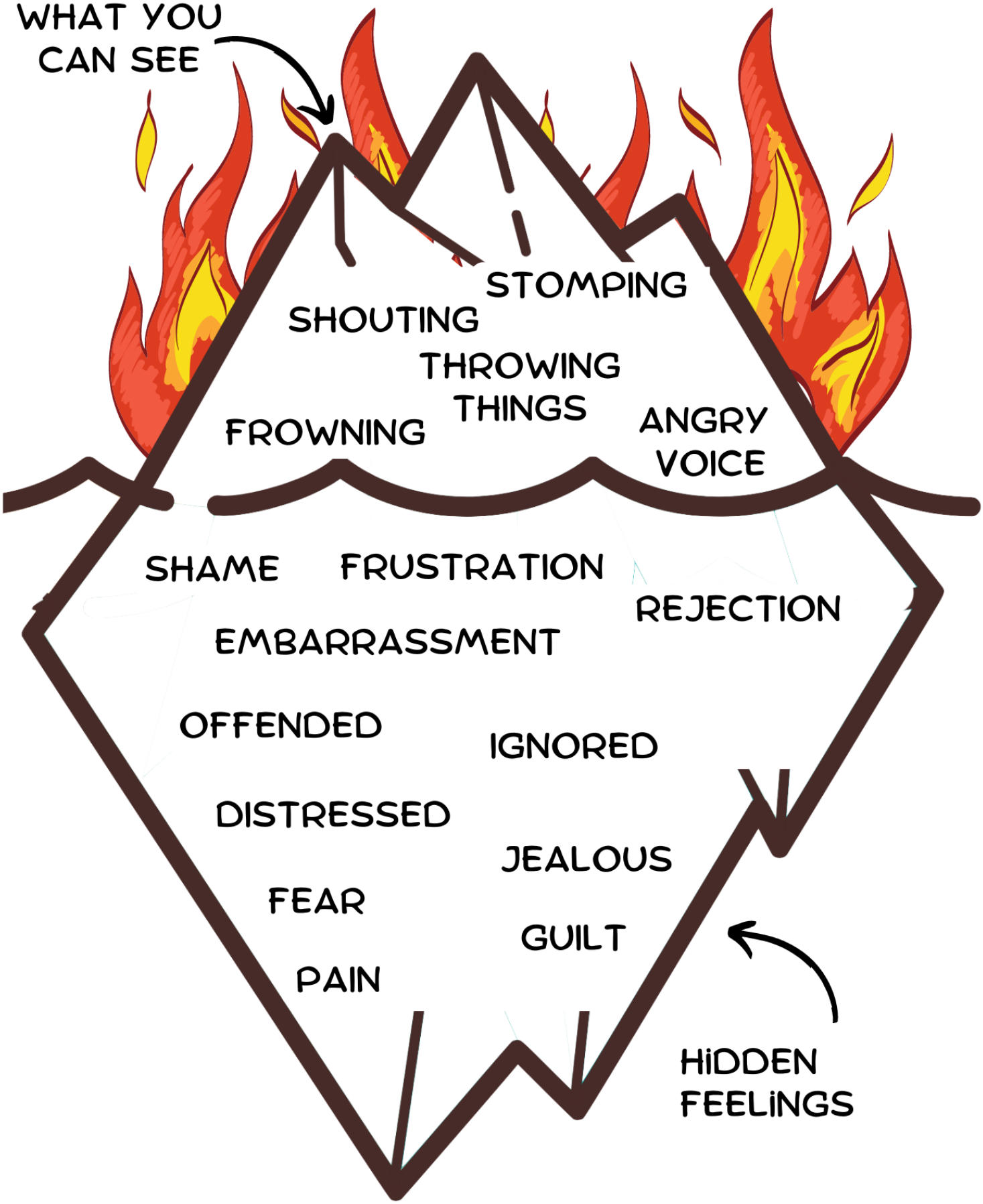
BECAUSE I WAS NOT INVITED TO A PARTY

JEALOUSY

BECAUSE I FELT I WASN'T GETTING AS MUCH ATTENTION AS MY SIBLING

THE HIDDEN FEELINGS ARE DIFFICULT TO SPOT

ANGER ICEBERG



ANGER ICEBERG



LIST OF EMOTIONS (FOR INSPIRATION)

SOURCE: EMOTIONAL VOCABULARY

SAD WORDS

SAD UNHAPPY SORROWFUL DEPRESSED TRAGIC
UNFORTUNATE AWFUL MISERABLE DOWN
GLOOMY BLUE HEARTBROKEN SORRY
GLUM HURT LOW WEEPY OUT OF SORTS

ANGER WORDS

ANGER ANNOY IRRITATE FRUSTRATION RAGE FURY
BORED CRABBY TEMPER DISPLEASE BUG
DRIVE CRAZY MAD HASSLE CROSS EMBARRASSED
JEALOUS OVERWHELMED TELL OFF

FEAR WORDS

FEAR AFRAID TERROR FRIGHTENED HORROR
ALARM PANIC DREAD ANXIETY WORRY UNEASE
NERVOUS TIMID SUSPICION CRINGE SHUDDER
UNCOMFORTABLE TENSE CONCERNED SCARED
THE CREEPS

DISGUST WORDS

DISGUST REVOLTING SICKENING LOATHE HORRIBLE
GROSS UGLY DIRTY FOUL NASTY YUCKY GROTTY
VILE WICKED, GHASTLY HORRID.

DISCUSSION POINTS & OTHER RESOURCES

SCRIPT FROM THE BLOG:

DO YOU KNOW WHAT LOOKS A LOT LIKE AN ICEBERG? OUR ANGER.
WHAT YOU CAN SEE, THE TIP OF THE ANGER ICEBERG, IS THE WAY WE EXPRESS ANGER. YOU MAY SEE AN ANGRY FACE. A FROWN, FISTS CLENCHING, LIPS PRESSING TOGETHER. YOU MAY HEAR AN ANGRY VOICE, A LOUD VOICE SAYING SOMETHING UNKIND. OR EVEN, ANGRY ACTIONS LIKE SNAPPING AT SOMEBODY OR THROWING SOMETHING TO THE FLOOR.
BUT, THAT IS NOT REALLY TELLING US WHAT IS GOING ON, IS IT? OUR ANGRY FEELINGS MAY BE ALSO HIDING OTHER FEELINGS THAT WE CAN'T SEE. JUST LIKE WITH THE ICEBERG.
IF YOU SEE YOUR SIBLING (FRIEND) ACTING LIKE THAT, WHAT IS REALLY HAPPENING?
LET'S LOOK AT ALL THE THINGS THAT MAY BE HAPPENING (LOOK AT THE ICEBERG DRAWING)

- ARE THEY FEELING FRUSTRATED BECAUSE THEY CAN'T UNDERSTAND A MATHS PROBLEM?
- ARE THEY ASHAMED ABOUT SOMETHING THEY DID?
- ARE THEY HURT BECAUSE THEY FEEL LEFT OUT?
- ARE THEY JUST SCARED ABOUT SOMETHING?
- DO THEY FEEL THEY'VE BEEN WRONGED?

DISCUSSION POINTS:

- ANGER TRIGGERS

THINK ABOUT SOME TIMES WHEN YOU FELT ANGRY. WHAT MADE YOU FEEL THAT WAY? (WRITE DOWN IN YOUR ANGER ICEBERG PDF AS MANY AS YOUR CHILD CAN THINK OF)
RESOURCE: ANGER TRIGGERS FOR KIDS (POST)

- WHAT MAY BE THE OTHER HIDDEN FEELINGS?

DO YOU THINK YOU HAD OTHER FEELINGS APART FROM ANGER?
WE CAN EXPLORE SOME FEELINGS AND YOU CAN TELL ME IF THEY SOMETIMES LOOK LIKE ANGER.
RESOURCE: EMOTIONS FLASHCARDS

- SAFE WAYS TO DEAL WITH ANGER

RESOURCE: A COOL KID JOURNAL (ACTIVITIES TO HELP DEAL & COPE WITH ANGER)

OTHER RESOURCES

LINKS TO OTHER RESOURCES:

- ANGER CONTROL FOR KIDS
- EMOTIONS (WORKSHEETS, PUZZLES & PLAYDOUGH MATS)
- ASSERTIVE COMMUNICATION FOR KIDS
- POSITIVE AFFIRMATION CARDS
- YOGA CARDS FOR KIDS
- FOOD JOURNAL FOR PICKY EATERS