

Anger Stop Sign: Catch it Early

Instruction page



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Activity Type

Age: 5-18+

Participation Style:
1-1 activity
Group activity

Theme:
Self-awareness,
emotional
awareness

Resource Format

Interactive
worksheet
PDF worksheet

Challenge Level
EASY

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General Activity Info

This activity helps children and young people recognise the early signs of anger and how it grows over time. Using drawing and writing, participants explore what they look and feel like when their anger is small (mild annoyance) versus when it becomes big (out of control). They also identify their personal "anger stop signs"—physical or emotional clues that signal their anger is building.

This promotes emotional regulation, self-awareness, and early intervention, giving young people tools to notice and respond to anger before it escalates.

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Materials Needed

- A printed copy of the resource OR Flashcards.

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Step by Step Instructions

Part 1 – Draw or Write: Small Anger (5 mins)

- Ask: "What do you look like or feel like when you're just a little annoyed or upset?"
- Participants draw or write about themselves with small anger.
- Example prompts: "My face feels hot", "I feel annoyed", "I go quiet"

Part 2 – Draw or Write: Big Anger (5 mins)

- Ask: "What do you look like or feel like when your anger is really big?"
- Participants draw or write how they act or feel when very angry.
- Example prompts: "I want to hit something", "I yell or cry", "I can't think straight"

Part 3 – Identify Your Anger Stop Signs (5 mins)

- Explain that **"Anger stop signs are clues your body gives you to show you're getting angry. If you catch these early, you can calm down before anger gets too big."**
- Participants choose or write their own stop signs in a box or list (e.g. sweaty hands, loud voice, shaky, quiet).

Part 4 - Discussion or Review (Optional, 5 mins)

Ask: "What's one stop sign you notice in yourself?", "What could you do when you notice that sign next time?", "Can you think of a time when your anger got big quickly?"

Anger Stop Sign

Anger starts out small, and slowly grows. When your anger is small, you might not even notice it. This is when you are just starting to feel upset about something, but it still doesn't seem like a big deal. Someone at this point might say they are "annoyed".

Draw or write what you look like when your anger is **small**. This is when you're just **a little bit angry**.



If Your anger has the chance to grow too big. It becomes hard to control. It's like a car without brakes, crashing through everything in its path. It's very hard to stop. Someone who's this angry might yell, hit, cry or try to break things.

Draw or write what you look like when your anger is **big**. This is when you're **very angry**.

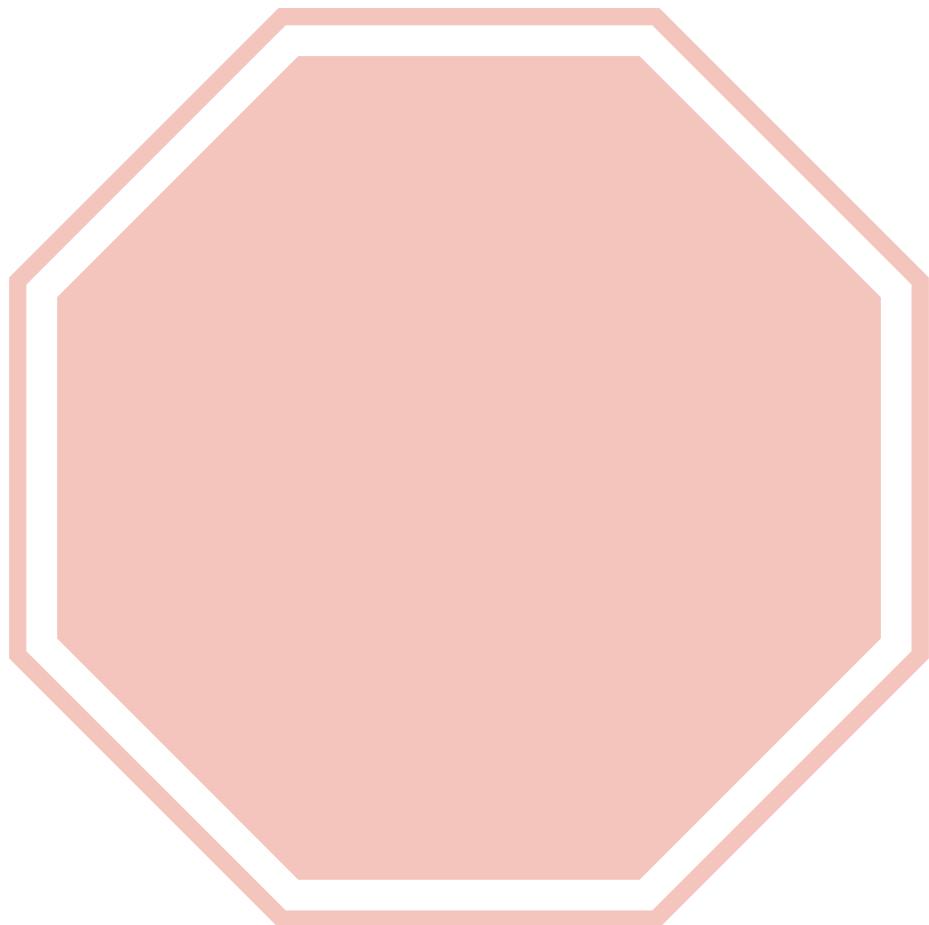


Anger Stop Sign



Anger stop signs are clues that your body use to let you know your anger is growing. These clues start to appear while your anger is still small. If you notice them in time you can hit the brakes, and take control of your anger it grows too big.

Everyone has their own anger stop signs. It's important to learn what yours are, so you can spot them in the future. Write your anger stop signs in the space below.



Common Anger Stop signs

My face feels hot	I started to shake	I raised my voice
I go quiet	My eyes get watery	I try to bother people
I can't think straight	I feel annoyed	I want to hit something