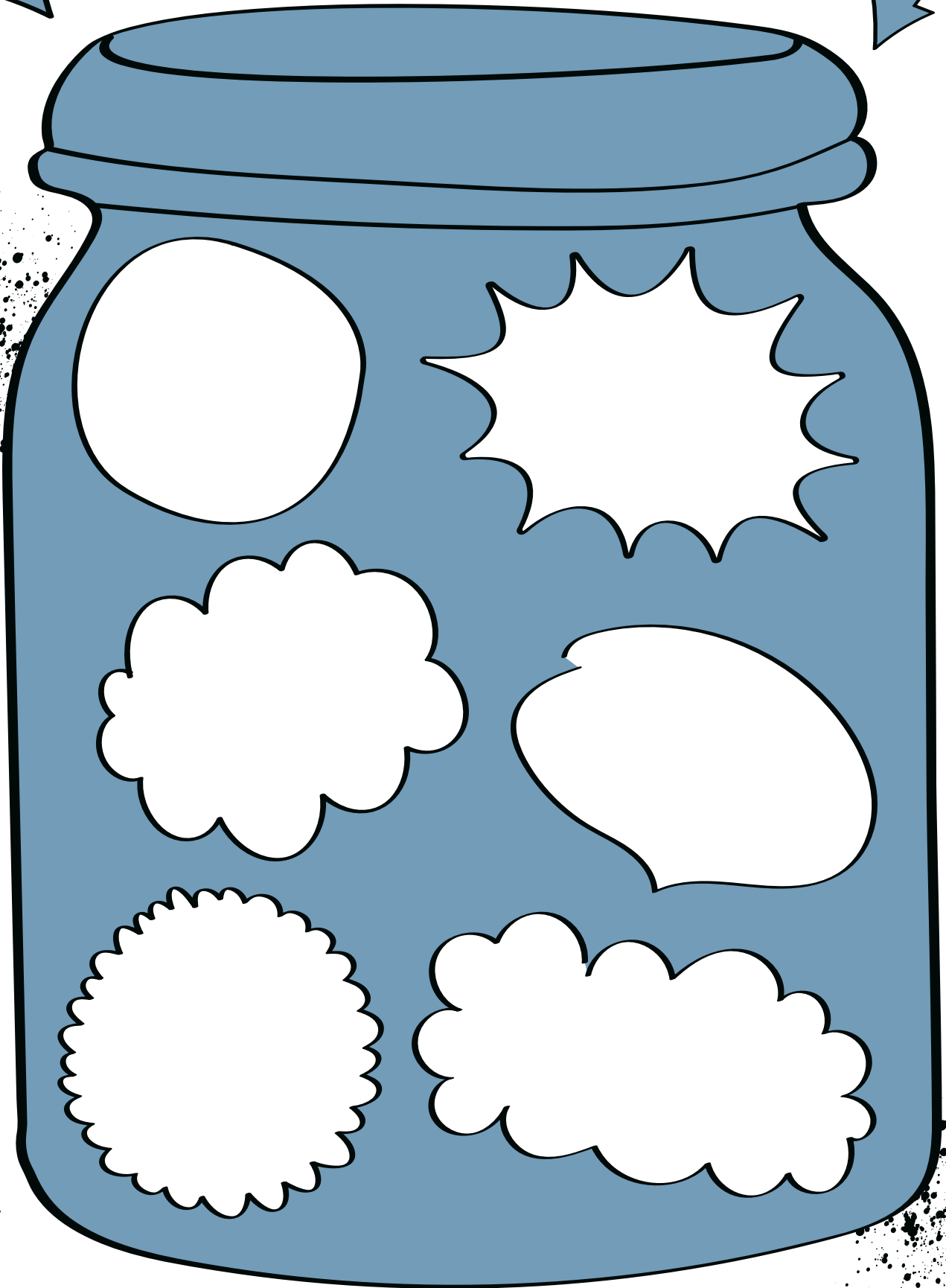


Bottling Anger

In the spaces write the anger you
may have bottled up



Bottling Anger

What does bottling something up mean?

**Talk about the things we may
bottle up in everyday life.**

**What happens if we bottle our feelings up
(see Anger Volcano/Anger Thermometer
activity for further support).**

**Talk about the anger that the
child has bottled up
- what? when? who? why?**