

The Anger House

THINGS
THAT I CAN DO TO
EXPRESS MY FEELINGS

ROOF

People or
things that help
you feel calm

HOW LONG
DOES IT USUALLY
TAKE FOR YOU TO
COOL OFF AFTER
FEELING ANGRY?

WHERE
DO YOU FEEL
ANGER IN YOUR
BODY?

What can you do to manage these feelings in a positive way?

TOP FLOOR

How do you feel about these memories?

SECOND FLOOR

PEOPLE OR
THINGS THAT
MAKE YOU ANGRY

What can you do about these memories?

Ways you try
to hide anger

FIRST FLOOR

Memories of a time you felt angry

BASEMENT



The Anger House

Go through each section of the house as well as the outside of the house.

Can the child answer the questions?

Give support if needed.