

Anger Word Search

Learn more about anger by finding the words and the secret message!

D O N H U O N A C L O V Y N Y T E B E A
F R E A N I D T O T A E O R L K X T O S
O L M E C O N E I F L I G Y G O P U N E
P E D I O O T M H L S N E Y N F R S G Z
K H I R M C U F I O A A T O I X E U S Y
I G S G F R N N L E Y O D K H B S B L G
D E Y R O Y G P T Y R W F T C O S M E N
J Z H V R T X I N I E A S B N T G Q D K
M P A T T E M D K S J T H F U T P Y I O
B E F V A A Q D P K S J M S P L B D S D
G S R R B E S L W H Q O Y S H E Y E T G
L I M V L R R H W Y E L L E K A N T U V
J C R R E B F B E S T N T Z I A U N O W
D R N E L L E H C I M O E C Z H O Q O J
J E R L B R S Q M L S I Z B N X H T U Y
X X E L G N I K C I K T E L L V B U A M
N E U S D V L I V D M O E T C U G H R F
V R E H T A E H L D I M U L U Q W J X T
Z Y U R Y M B O K Y L E Q K E X B I F N
G Y A J A U G Q U C P F S O Q Y N W B T

ANGRY
BOTTLE
BREATHE
COUNT
EMOTION
EXERCISE

EXPLOSION
EXPRESS
HELP
HURT
KICKING
OUTSIDE

PUNCHING
SHARE
SQUEEZE
UNCOMFORTABLE
VOLCANO
YELLING

Secret Message

Anger Word Search

DEFINITIONS:

ANGRY: The feeling of frustration and hurt.

BOTTLE: Holding in all your anger instead of expressing it in a healthy way.

BREATHE: Take deep breaths when you feel like you are starting to get angry.

COUNT: Sometimes counting can help to calm you down.

EMOTION: Angry is an emotion.

EXERCISE: Getting your body moving can help you when you feel angry.

EXPLOSION: Having angry outbursts. Try some healthy alternatives.

EXPRESS: Expressing your feelings is a healthy way to let people know you are upset.

HELP: Don't be afraid to ask someone for help if you feel you can't control your anger.

HURT: Often feelings of hurt can lead to anger. Get help if you think this is happening to you.

KICKING: An unhealthy way to deal with your anger.

OUTSIDE: Going outside to get some fresh air can help you calm down.

PUNCHING: This is not a healthy way to express your anger.

SHARE: Talk about what is making you angry with someone you trust.

SQUEEZE: Use a stress ball to help you when you are upset.

UNCOMFORTABLE: Feeling angry can be an uncomfortable feeling. It's ok to feel this way. Use healthy techniques to help with those feelings.

VOLCANO: Sometimes it feels like you have a volcano in your stomach that is about to explode. If you feel this way then start to try healthy alternatives.

YELLING: When we get angry its common to yell. This isn't a healthy anger style.

**If you think you might need help with your anger, talk with a trusted adult about seeing a counsellor.
You can phone Catholic Family Services of the Battlefords at (306)445-6960.**