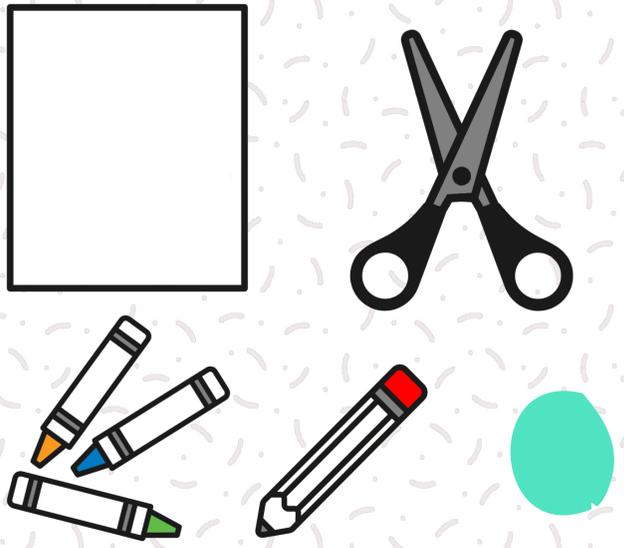


# Anger Iceberg

Icebergs look big sticking out of the water but there is even more iceberg under water that you can't see. Anger is often one of the feelings that people show most easily to the outside world. Sometimes it is hiding other difficult feelings under the surface. Feelings like sadness, fear, or worries can be hard to understand and talk about.

## Things you will need:

- Paper or card
- Pens or colouring pencils
- Scissors
- Blu Tac



## How to make the Anger Iceberg

- Draw the shape of an iceberg (find pictures on the internet). Draw the water level about a  $\frac{1}{4}$  of the way from the top.
- On the part of the iceberg that sticks out of the water write the word "anger".
- On another piece of paper - write as many 'feelings words' as you can think of. Write them in big print (to cut out) Some examples could be:  
**Tired Worried Hungry Disappointed Annoyed Lonely**
- Cut out each word and put a small piece of blu tac on the back.
- Stick each word on the picture of the iceberg; make sure they all go under the water level!

# Anger Iceberg



## Using the Anger Iceberg:

Use the iceberg at a time when you feel calm and have some time. Think together about their feelings.

Try and remember a time you felt angry. What do they think caused the anger? Does it link to any of the words on the iceberg?

When you name a feeling you have stick it at the top of the iceberg, just under the surface.

Think about how some feelings get closer to the surface and affect us more at different times. Use the anger iceberg to try to explain to someone else what you are feeling. Deal with each feeling one at a time, once something feels better you can put it back down at the bottom of the ocean.

Try to understand everyone has lots of feelings and we show them in lots of ways. Some ways can get you into more trouble – like angry outbursts. If you find ways to talk to friends you trust about your hard feelings they might be able to think of ways to help.

Stick the iceberg somewhere handy; on the fridge, on the back of a door or like a poster on the wall.

Remind yourself it is there when you can feel you are struggling with big feelings – it can make it easier for you to talk about what is going on.