

WHAT MAKES YOU STORM?

COUNSELING GAME FOR ANGER TRIGGERS

Print and play counseling game to help students identify triggers for anger.

What Makes You Storm?

When I think my
teacher is being
unfair.



About This Resource

Help young learners navigate their emotions with this engaging counseling game! Using storms as a metaphor for anger, children identify triggers through 52 relatable scenarios. Two game options and a 5-point scale provide flexibility for individual and group counseling.

Promotes self-awareness



52 Scenarios for Anger Triggers

What Makes You Storm?

When I'm in trouble with my parents.



What Makes You Storm?

When we have a substitute teacher.



What Makes You Storm?

When I know the answer and I don't get called on.



What Makes You Storm?

When someone tells on me.



What Makes You Storm?

When my sister bosses me around



What Makes You Storm?

When I get blamed for something I didn't do.



What Makes You Storm?

When my math homework is really hard.



What Makes You Storm?






When someone talks over me when I'm talking.



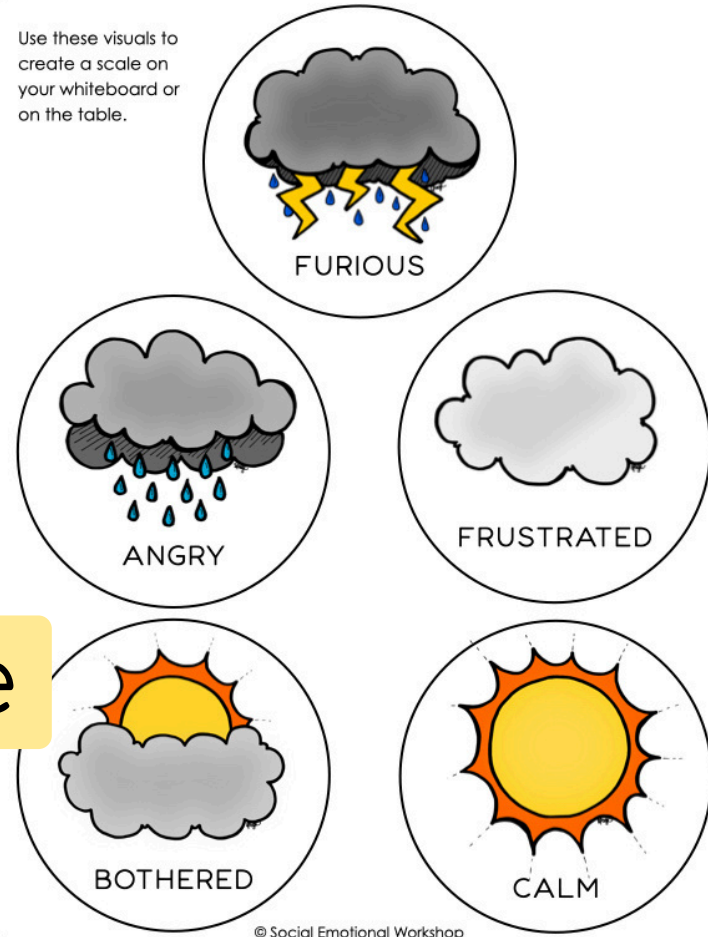
when this happens scenarios

Helpful Visuals

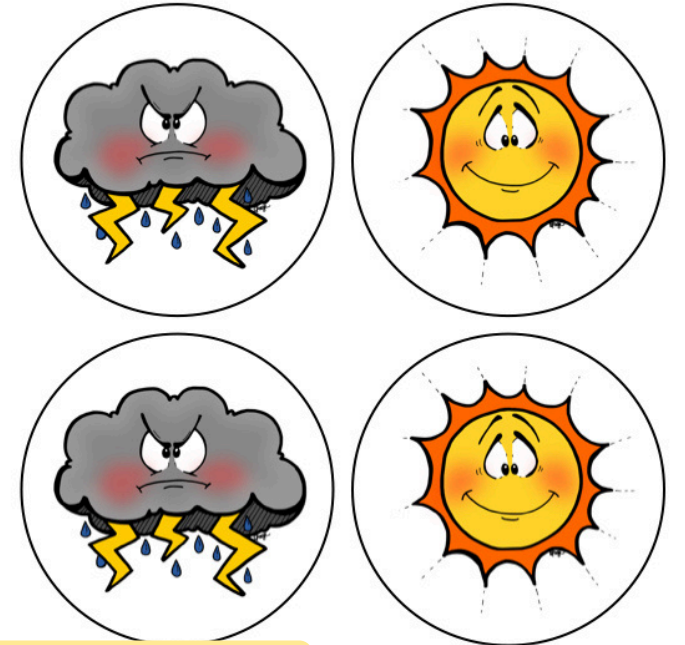
Storm Scale

Feeling	When it happens	What it looks like
 Furious		
 Angry		
 Frustrated		
 Bothered		
 Calm		

Use these visuals to create a scale on your whiteboard or on the table.



Student Response Cards



5 Point Scale

Student
Response
Cards

Two Game Options

What Makes You Storm? Counseling Game _____

OBJECTIVE

Students will identify situations that make them angry versus situations that make other people angry. They will understand that a feeling can be big or small.

ASSEMBLY

Cut out the game cards. Cut out student response cards and attach them to popsicle sticks. You can glue them back to back or create two different response sticks.

PLAY

Introduce the game:

Everyone has things that make them angry or upset. Those can be different things for different people. Some people get angry when they lose a game. Other people get angry when they don't get called on. Maybe you get angry when someone is mean to you. When something happens that makes you angry, think of it like a big dark storm cloud rolling in. Eventually, the angry feelings will pass just like a storm. We are going to play a game where we think about what makes us storm.

Option 1: Angry or Calm

Put the game cards in a pile face down. Each player gets a storm and sun response circle.

The first player draws a card from the top and reads aloud the scenario. The other players respond to the scenario by holding up either the storm cloud or the sun. They hold up the storm cloud if it is something that makes them angry. They hold up the sun if it is something that doesn't bother them.

To extend the game, you can also have the player who chose the card, call on one of the students who said that it makes them 'storm' and have them give an example of when the situation happened to them.

Option 2: Scale

Sort scenarios
or place them
on a scale

DETAILS

What Makes You Storm?

When someone won't play what I want to play.



What Makes You Storm?

When I'm tired.



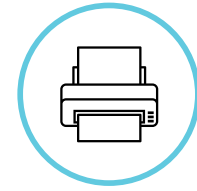
What Makes You Storm?

When someone says something about me that isn't true.



What Makes You Storm?

When someone starts laughing at me.



Color and blackline



Best for 2nd & 3rd grade



Great for counseling

You might like

Helper Squad



Buy and save

Counseling Building Blocks



Hi! I'm Laura

I create research-driven, uncomplicated tools and resources designed to build students' social and emotional skills in counseling or the classroom.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

contact: support@socialemotionalworkshop.com



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