

SEL WORKSHEETS – SELF AWARENESS

understanding & managing

ANGER

grades 3-5

Quick, Easy, Bite-Size Worksheets

5 worksheets that break the topic up so students learn about one part at a time.



Each worksheet has an intro, a reflection question, and a brief exercise



Ready-to-print PDF or
Fill-in Google Slides

What's Covered



What anger look like and feel like

Signs you or someone else is angry

What makes you angry

Ways to handle anger

Reflection

Worksheet Layout

FRONT

BACK

ANGER

Everyone gets angry. Anger happens when something is unfair. Anger doesn't stay in charge of it.

intro to topic

DAY 1

We can learn about our anger. What it looks like, feels like, and when it happens. When we understand it, then we can be in charge of it.

When we get angry, our bodies tighten up. Our face might get red and our voice might get loud. What does it look like when you get angry?



We get angry for different reasons. You might get angry that something is unfair or that something is hard to do.

When we know about what makes us angry, we can be the boss of it.



What makes you angry?

ANGER Day 2

How can someone tell when you are angry?



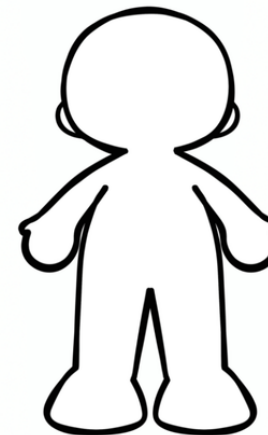
THINK ABOUT IT

personal reflection

LET'S TRY IT!



Anger shows up in our body, face, and voice. Circle which ones happen when you get angry.



sweaty

red face

loud voice

scrunched face

tense body

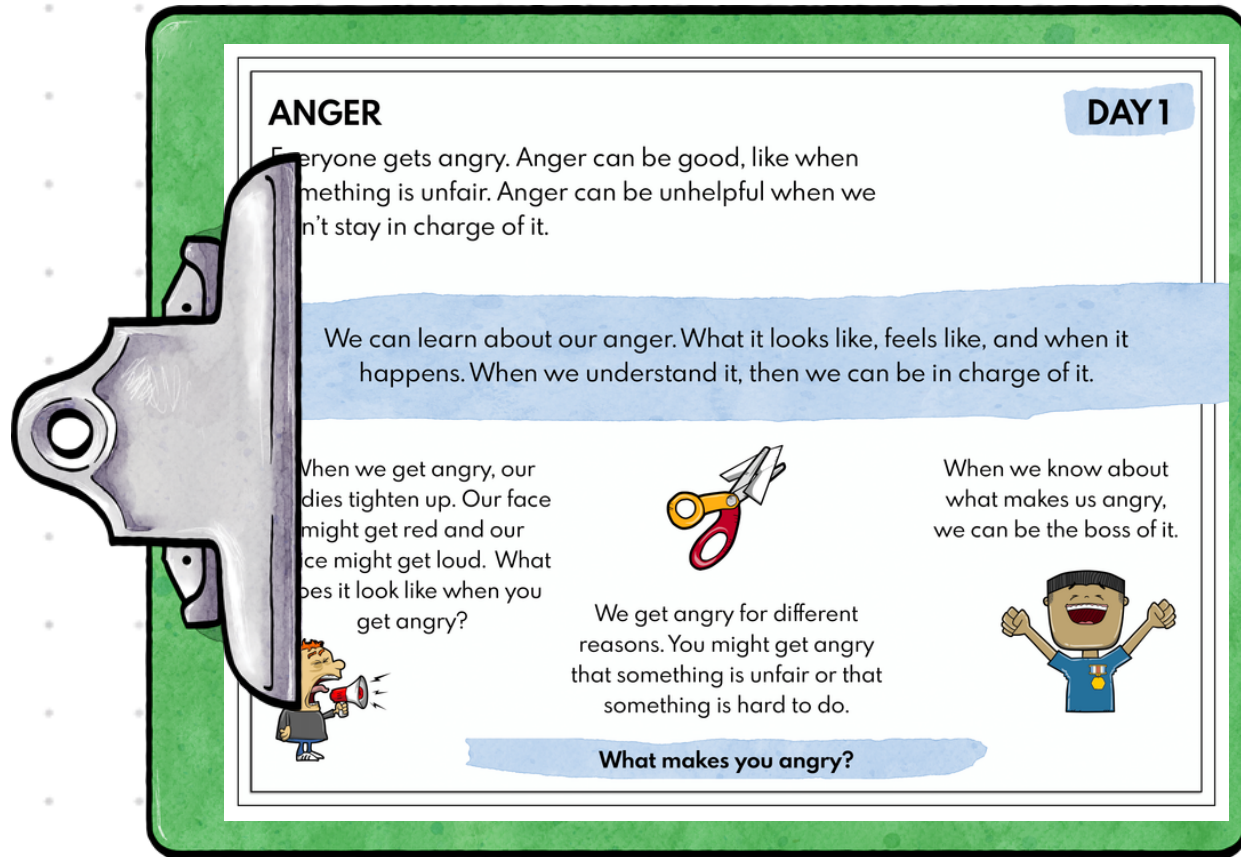
fast heartbeat

Other?

brief
exercise

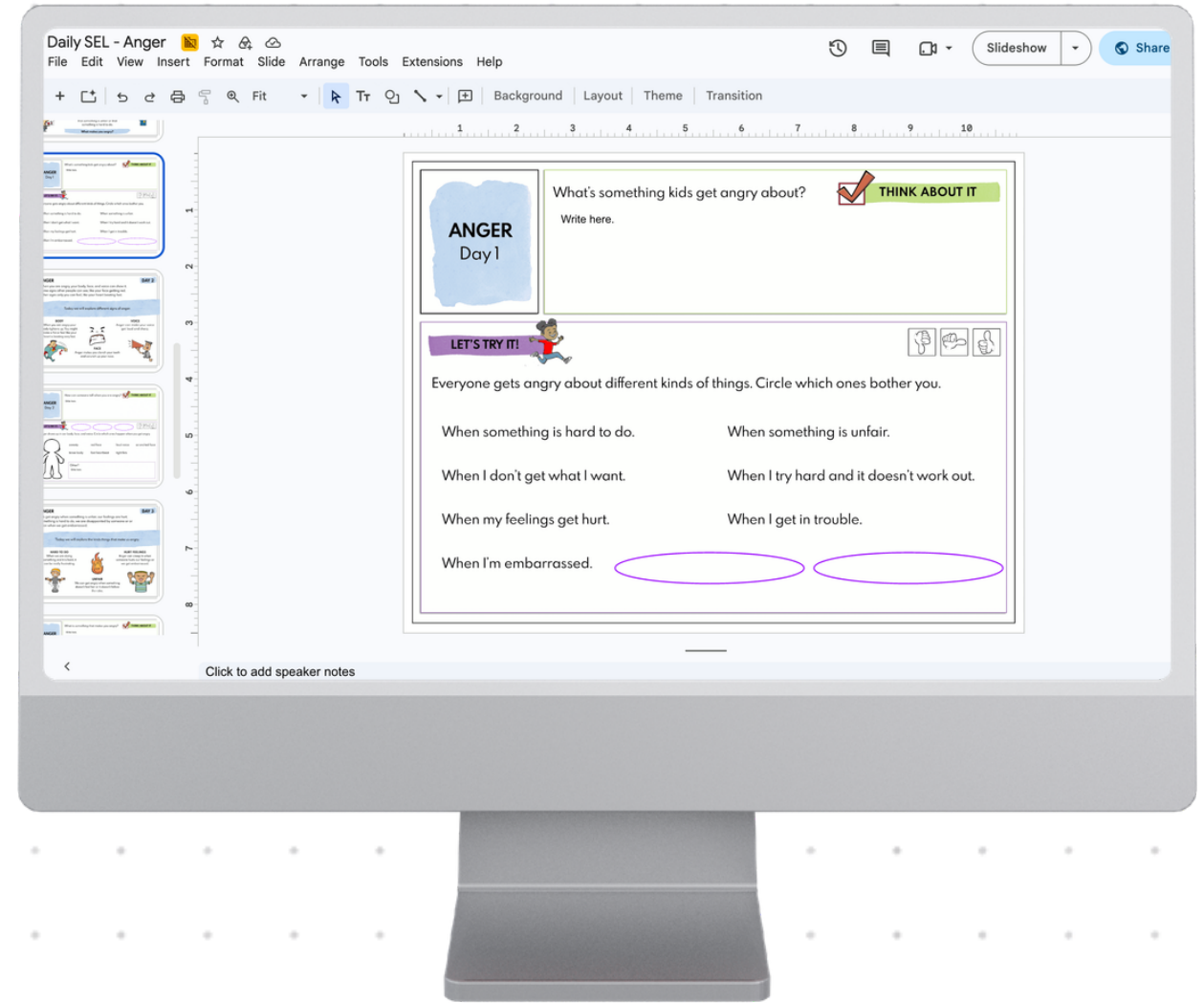
Formats

Print in Color or BW



Fill-In Google Slides

Students can fill in the worksheets.



Details



Grade Level

3rd to 5th



Made For

Classroom and counseling



File Format

PDF

Google Slides



AND

Print and go

No prep

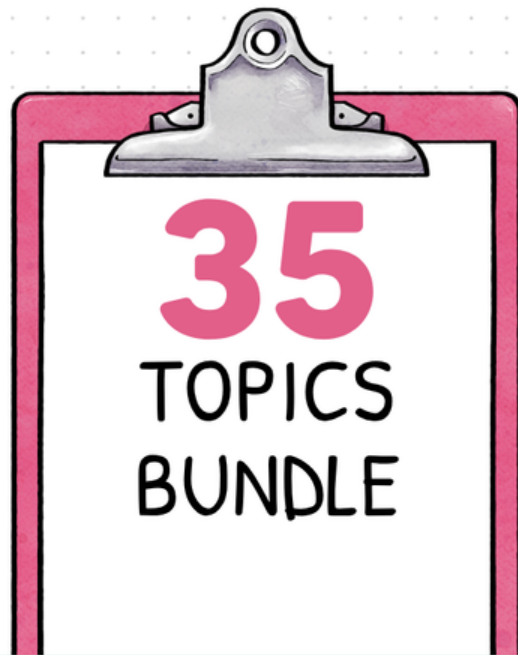


Printing

Color and BW

Buy the Bundle & save

DAILY SEL SEL WORKSHEETS



NO PREP
PRINTABLES
FILL-IN
GOOGLE SLIDES

Social Emotional
Workshop 

GRADES 3-5

Get all 35 topics
and save 30%

See the bundle

Social Emotional
Workshop 

Hi! I'm Laura

I create research-driven, uncomplicated tools and resources that help students build social and emotional skills in the classroom and counseling.

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



connect



shop

