AGES 4–12 ACTIVITY

Draw What Anger Looks Like



WHAT THIS IS

Sometimes feelings are easier to draw than to say. Make anger visible, then watch it change.

HOW TO USE IT

1. Draw what your anger looks like: color, shape, size.
2. Add a sound and a feeling in your body.
3. Draw it again, smaller or calmer.

EXAMPLE

"My anger is a big red spiky ball. When I breathe, it turns into a small blue circle."

MY ANGER LOOKS LIKE...

MY ANGER AFTER I CALM DOWN...

Color

Sound

What it needs