AGES 7–12 ACTIVITY

The Anger Detective



WHAT THIS IS

Anger is not bad. It is a clue that something is wrong or unfair. Detectives investigate before they act.

HOW TO USE IT

1. Pick a time you got angry.
2. Look for each clue and write what you find.
3. Solve the case: plan what to try next time.

EXAMPLE

"Trigger: my brother grabbed my toy. Body: hot face. I did: yelled. Next time: I'll say, 'Please ask first.'"

CLUE 1: THE TRIGGER

What happened right before I got mad?

CLUE 2: MY BODY

What did my body feel? (hot face, tight fists…)

CLUE 3: WHAT I DID

What did I say or do?

CLUE 4: WHAT HAPPENED NEXT

How did it turn out?

CASE SOLVED

Next time I get mad, I will…

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