

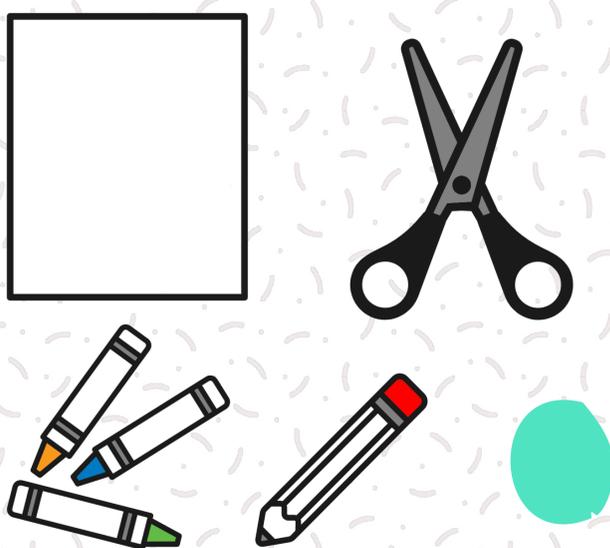
# Anger Iceberg

For ages 4 - 11

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 for your child to understand and talk about. They might show you they are struggling with their difficult feelings by having angry outbursts.

## Things you will need:

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



## How to make the Anger Iceberg

- Help your child to draw the shape of an iceberg (find pictures on the internet). Draw the water level about a ¼ 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 and your child can think of. Make sure they are ones that your child can understand. Write them in big print (to cut out) Some examples could be:

**Tired Worried Hungry Disappointed Annoyed Lonely**

- Help your child to 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 and your child feel calm and have some time. Think together about their feelings.

Ask them for to try and remember a time they felt angry. What do they think caused the anger? Does it link to any of the words on the iceberg? You could do some guessing if they are not sure. 'I wonder if you were jealous of Jonny having a cuddle and that made you angry?'

When they name a feeling they have ask them to stick it at the top of the iceberg, just under the surface.

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

Help your child 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 they find ways to talk with grown ups we trust about our hard feelings we can 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 your child it is there when you can see they are struggling with big feelings – it can make it easier for you to talk about what is going on for your child.