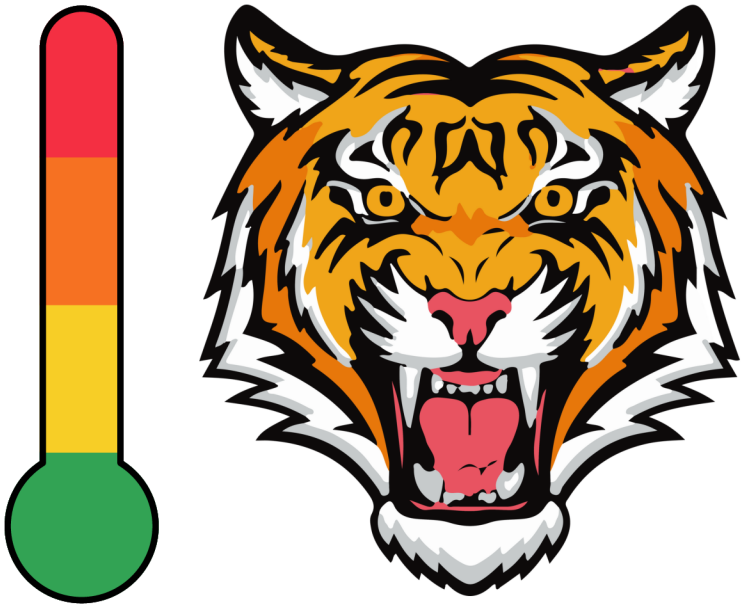
Tiger - O - Meter
& What's Underneath



Wellbeing Warrior
Award
Wisdom Quest

True Colours - What's Underneath?

Do you ever get angry and you don't know why? Or you may get angry but really you feel something else inside. We are going to find out more about anger and feeling angry

What is special about anger is that it is a SECONDARY emotion. That means that we don't just get angry for no reason. There is ALWAYS something else that we feel underneath our anger that causes us to have angry feelings. The feeling or emotion under our anger is called a PRIMARY emotion. Being angry can be scary to people and helps to keep people away from us.

Our wonderful brains, souls and bodies use anger to protect us.
Sometimes this is a good idea if we are in real danger but mostly it causes us and others stress and is no fun at all!
Being angry is our tiger brain jumping into action.

Sometimes when we feel angry, it is good to look at the reasons UNDERNEATH the anger to see if we can help ourselves to calm down.
There are lots of reasons our tiger brain may decide he needs to start roaring and growling at people.
We could feel anxious or sad, we could be tired or depressed or afraid.
We could feel frustrated or disappointed.
All of these emotions can make Tiger brain come out fighting!

The problem with anger is that it covers up the other emotions and doesn't give us a chance to find out what they are.
Anger doesn't give us a chance to show our TRUE COLOURS because it covers everything with bright red

True Colours - What's Underneath?

Can you find the TRUE COLOURS or reasons the you would be angry in each situation? Circle the picture in the TRUE COLOUR. The colours for each emotion are at the bottom of the page

You are starting a new group and don't know anybody who goes to the group

Whenever you go to the park a group of children point at you and stare

You lent your new bike to your cousin and they broke it

Your mum has told you that you need to go to the supermarket with her. The supermarket is always noisy and bright and smells weird

Your pet is very ill and may not get better

You really want to be able to light a fire with a flint and steel but you can't make a spark

You lost at your favourite game

You are moving to a new house and a new area

You wanted to stay over at your friend's house but at the last minute they got grounded so you can't go

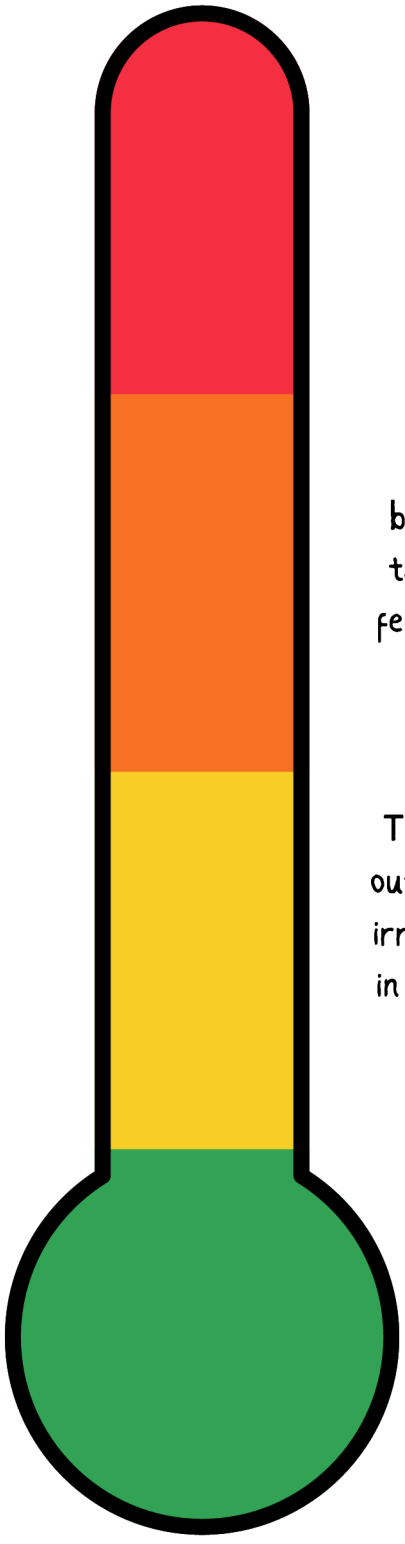
Use the true colours below for the situations and see if you can find times in your life where your own red anger has covered your true colours or feelings

TRUE COLOURS

- Scared
- Let down
- Sad
- Anxious
- Overwhelmed
- Disappointed
- Frustrated

Tiger - O - Meter

Look at the Tiger - O - Meter and read the levels of angry. Can you think of some times YOU felt the different levels? Do you remember the reason your tiger brain came out fighting?



Roaring Tiger angry!

This is when you feel so angry you may explode! You can't control your tiger brain and he takes over to protect you even if he isn't needed. You shout and lash out.

Growling Tiger Angry

This level of angry is the most important one because it is your last chance to stop tiger brain taking over and your me-brain losing control. You feel very angry but you still have control over your words and actions

Tail Twitching Angry

This is when the first feelings of tiger brain come out to protect you. You may feel annoyed, fed up or irritated. You may get a hot face or a funny feeling in your tummy. You might even feel like crying. You can still tell tiger he isn't needed

Calm Purring Tiger

This is when you feel happy and relaxed like a calm, purring tiger. Tiger brain is resting and knows he doesn't need to protect you

Tiger - O - Meter

On this page you can write down the things which make your tiger come out fighting. Can you find out what makes your Tiger - O - Meter rise?

Roaring Tiger angry!

Growling Tiger angry!

Tail Twitching Angry

Calm Purring Tiger