Anger Airways

Wellbeing Warrior Award

Wisdom Quest

THE WILDLING TRIBE

Incredible Investigators: Flight

WILDLING WELLBEING: ANGER AIRWAYS

Do you ever feel really angry?

Sometimes, when we feel angry we can't seem to calm down.
If you feel angry and are finding it hard to find your calm and happy, why not try this!

You can scribble, draw or write your anger all over the sheet of card, fold it into your favourite paper aeroplane and fly your anger far away!
There is a video all about becoming the pilot of your anger on our YouTube Channel, so be sure to give it a watch and a thumbs up!

Scribbling and drawing can help us to feel calm because it makes us MINDFUL.
When we are mindful, we forget about the things that are making us angry or upset because we are focusing on what we are doing.
See if you can be mindful and get all your angry feelings out onto the sheet of card
You could do big red angry scribbles, or draw angry faces, write what you feel angry about if you know what it is or anything you fancy!
Once you have got all your anger out and made your Anger Airways plane, you can take it outside and throw it as far away as you can.
When you throw your plane, say this out loud or in your head...

"I am in control of myself and my anger. I am an Anger Airways Pilot flying my anger far away!"

You can make an Anger Airways plane any time you feel angry
Well done, Wildling. You learned some Wisdom of the Self!

ANGER AIRWAYS ANGER PLANE SHEET - WRITE, DRAW OR SCRIBBLE YOUR ANGER ALL OVER THIS PIECE OF CARD AND THEN FOLD IT INTO YOUR ANGER AIRWAYS PLANE.