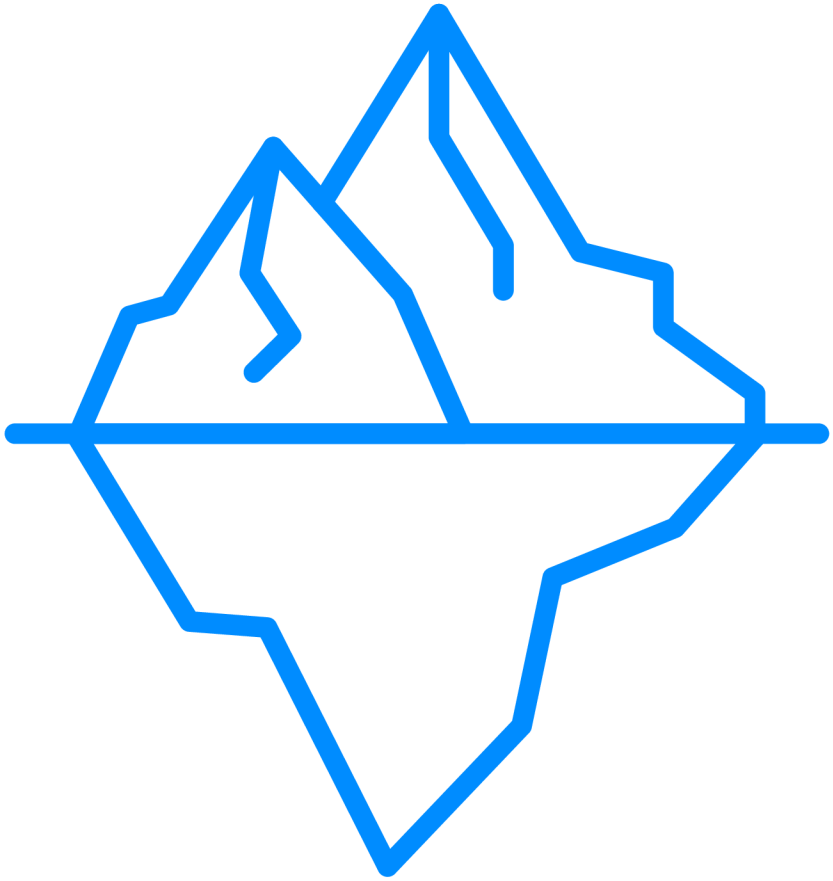
Anger Iceberg



Wellbeing Warrior Award

Wisdom Quest

Anger iceberg

Anger is the emotion that comes out when we get angry and it is what the world can see. We already know that anger is a secondary emotion and another feeling underneath must have caused it.

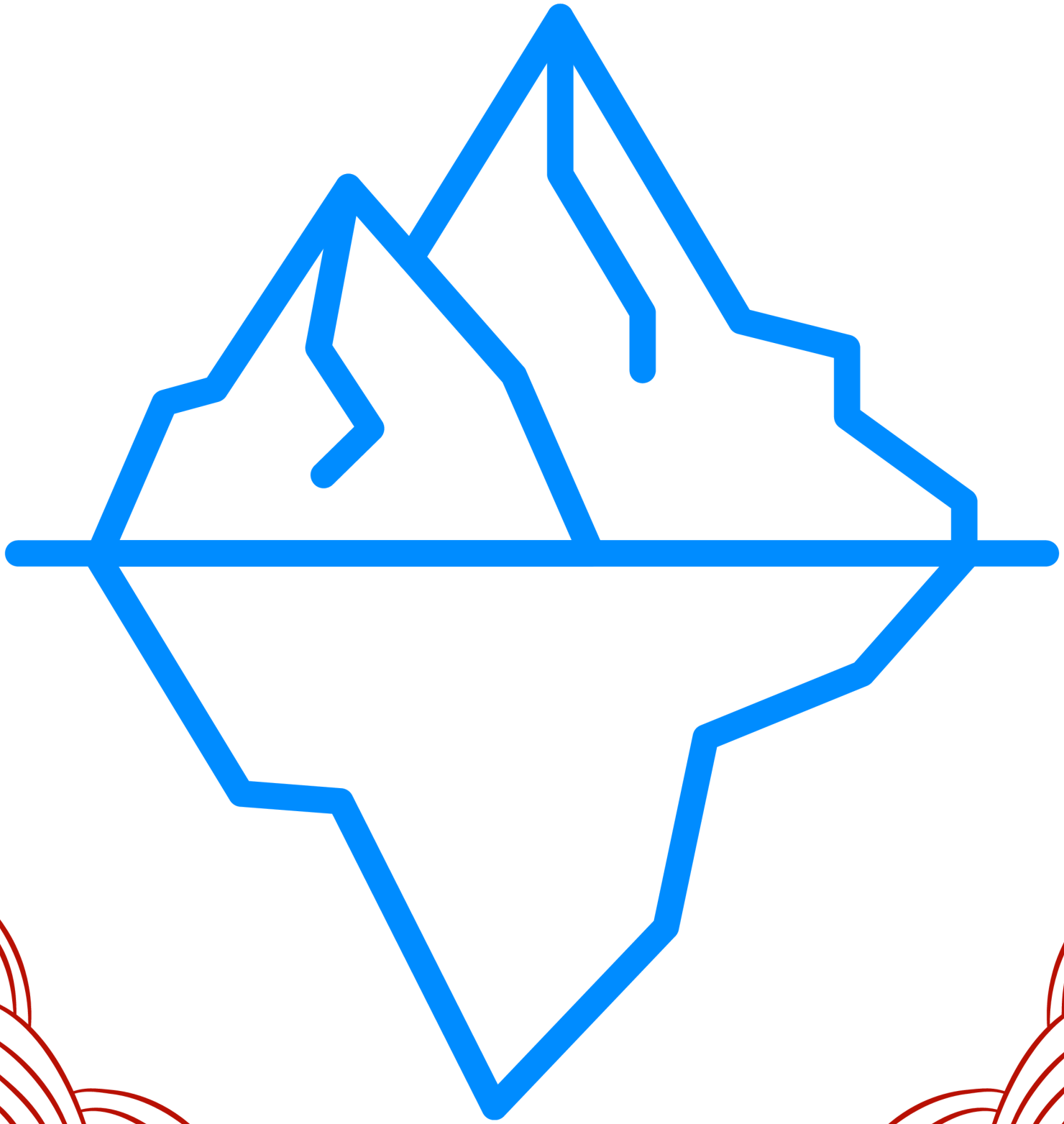
Like the tip of an iceberg, people can only see the bit above the water - our anger. Underneath, there is a big bit that nobody can see. This is the same as the big feelings that cause our anger to come out at the world

Can you think of any more emotions that could be the real cause of your anger? Write them around the bottom of the iceberg

Anger iceberg

Your turn!

Write or draw what people see when you are angry in the top part of the iceberg, and then write down how you feel inside on the bottom half. You may need an adult to help you with this one!

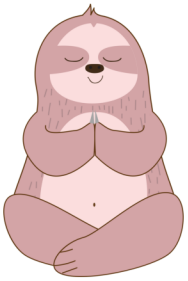


Iceberg Investigators

Most of the time when we feel angry, we don't know straight away what emotions are underneath, making our anger come out fighting

I will tell you a secret ... lots of grown ups don't always know what is underneath THEIR icebergs when THEY are angry either. That's because nobody explained anger icebergs to them when they were Wildlings! If more grown ups had the wisdom you are learning now, there would be less wars and fighting in our world. Wouldn't that be lovely?

It is very important for us to be ICEBERG INVESTIGATORS when we feel angry so that we can learn to REGULATE our emotions and feelings. This makes life much calmer for us and those around us and helps us to stay healthy. It is an important part of wellbeing and helps to make a beautiful world



See if you can complete the ICEBERG INVESTIGAOR CHECKLIST to find out what is under your anger iceberg

Iceberg Investigators

ICEBERG INVESTIGATOR CHECKLIST:

What did the anger feel like in your body? Use the body map if you want to.

What happened that made you feel angry?

What were you thinking when you felt angry?

Who was around you? Did they help make your anger less or did they make you more angry?

Did you do anything to help your anger go away?

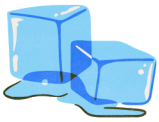
What helped you feel better?

Anger Melters

We all know what happens to ice when it gets warm. It melts into water! Ice melts because the molecules in the ice warm up and start to feel relaxed. They move about more and instead of being all tight and stressed, they start to move freely and become flowing water.

Anger can be a bit like water molecules. When we are angry, we feel tight, stuck solid and stressed like ice.
When our anger starts to go, we feel warmer and are able to flow like water again.

So, if heat and warmth melt ice, What melts anger?



There are a number of ANGER - MELTERS that work really well to melt our anger. They are easy to learn and easy to do any time you need to. Here is a list of our favourite Anger - Melters.
There are some spaces for you to write your own top Anger - Melters

1. Using a breathing technique like Wildling Breaths
2. Going outside in to nature
3. Listening to music
4. Going to our SAFE PLACE (see FEELING SAFE activity)
5. Using a GROUNDING technique like the root centre or tree grounding.
6. Having a drink of water or a piece of fruit
7. .....
8. .....
9. .....