**Dealing with angry feelings:**

**evaluation questions**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Yes**  Fred 7 | **Not sure**  Ryan 3 | **No**  Pauline 6 |
| I know what anger is |  |  |  |
| I know how to tell if I am feeling angry |  |  |  |
| I have some ideas about how I can let my anger out safely |  |  |  |
| I have some ideas about how I can feel calm again when I have felt angry |  |  |  |

A picture containing text

Description automatically generatedGraphical user interface, text

Description automatically generated

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*This resource has been created by Barnardo’s whilst they held the WESAIL contract 2018-2022 and edited for use by Barnardo’s SENDIASS Bradford.*