

**Down's Syndrome
Association**

A Registered Charity No. 1061474

Emotional well-being



Anger

Easy Read

A Down's Syndrome Association publication

We are talking about anger because it is a strong feeling and it is good to learn about it and learn to cope with feeling angry.

So...what does anger feel like, and what does it do?



When we are angry we are NOT happy.

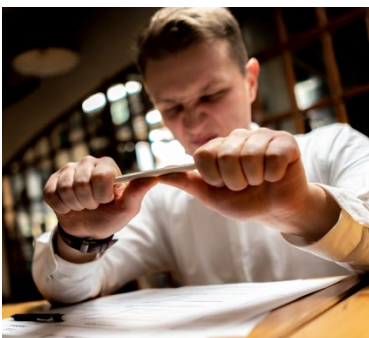
We are not relaxed.



We might feel hot and go red in the face.



We could shout or stamp our feet or slam the door.



We might feel like shouting or breaking something but not do it.



We might feel upset inside our tummy.

We might feel like crying or running off.

Different things can make people feel angry.

Some things that might make us angry are:



Being shouted at.



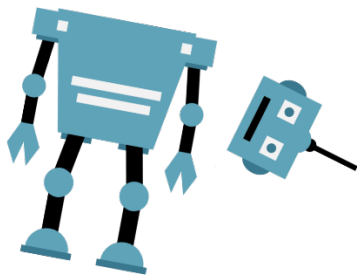
When people don't listen to you.



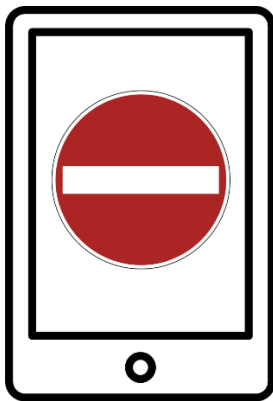
Being bullied.



Hurting yourself.



Breaking a favourite toy or game.



When your tablet or iPad doesn't work.

Anger gives you energy.

It is hard to think clearly and calmly when you are angry.

Everyone gets angry sometimes, but it is good to follow the **anger rules**.

The anger rules

Anger is a natural feeling.

Everybody gets angry.

It is OK to feel angry BUT...

- **Don't** hurt others
- **Don't** hurt yourself
- **Don't** hurt objects/things
- **Do** talk about it



Don't hurt others



Don't hurt yourself



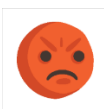
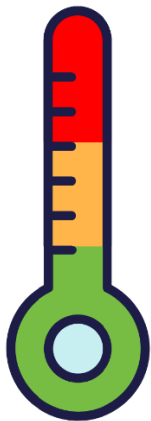
Don't hurt
objects/things



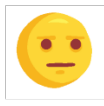
Do talk about it.

People think about anger in different ways.

Some people think it's like a volcano, rumbling and then...exploding!



I'm angry!

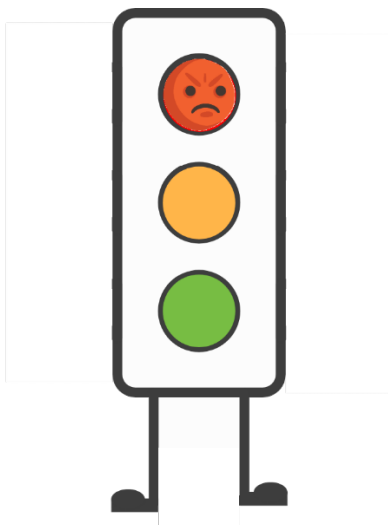


I'm starting to feel frustrated...



I'm happy

Some people think about a thermometer getting hotter and hotter.



Or...a traffic light changing from green to red, as you go from feeling calm and happy to angry.

Anger happens for a reason...something sets it off.

Something happens (we call this **a trigger**) to make us feel angry.

These feelings can build up inside us until...we explode!!!



On page 10 you will see some examples about a person called Tom.

The examples show the things that made him feel angry and the different things that Tom could do.



In some of the examples Tom follows the anger rules and in some of them he doesn't!

We can think about what might help Tom follow the anger rules, even when bad or annoying things happen to him.

The anger rules

It is OK to feel angry BUT...

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Don't hurt others



Don't hurt yourself



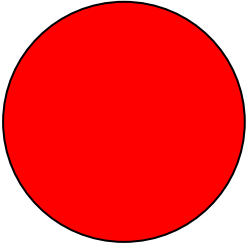
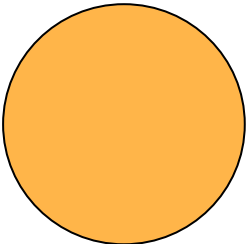
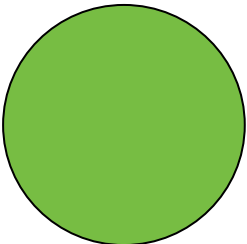
Don't hurt
objects/things



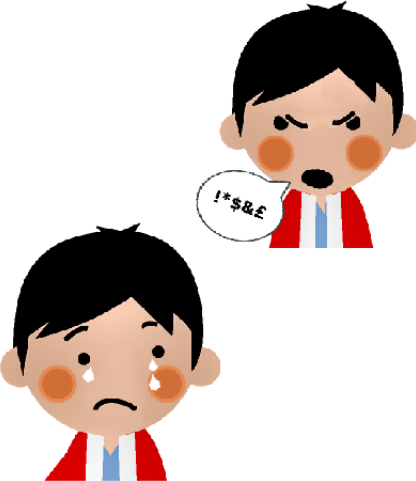



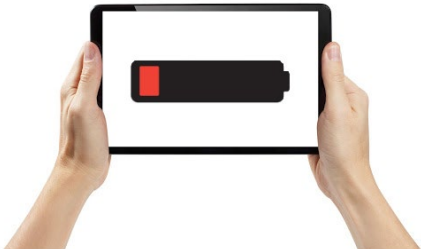



Do talk about it.

This can help Tom to have a plan for when he gets angry.

Some people call this an anger management plan.

	I feel...	I can...
		
		
		

Something happens (a trigger)	How Tom feels What Tom thinks	What Tom might do	What Tom could do instead
<p>Tom was on the bus when someone called him a nasty name, like 'Stupid'.</p>	<p>Upset, hurt feelings. Face feels hot Breathing gets quicker. 'That's not fair!' 'I'm not stupid'</p>	<p>Cry? Shout? Answer back? Kick something?</p>	<p>Walk away. Find someone to talk to. Take some deep breaths.</p>
			

Something happens (a trigger)	How Tom feels What Tom thinks	What Tom might do	What Tom could do instead
<p>Tom is playing on the iPad. It runs out of battery in the middle of his favourite video.</p>	<p>Frustrated and annoyed. He clenches his fists. His tummy feels tight. 'Now I can't watch my programme' 'I can't wait!'</p>	<p>Throw the iPad on the floor? Shout at his mum? Slam the door and run outside?</p>	<p>Stop and think. Squeeze his stress ball. Ask his mum to put the iPad on charge and go out for a walk while it's charging.</p>
			

Making your own anger management plan: worksheet

What are your triggers?

What do you feel like when you are angry?

What do you look like? What do you do?

Remember the anger rules:

Anger is a natural feeling.

Everybody gets angry.

It is OK to feel angry BUT...

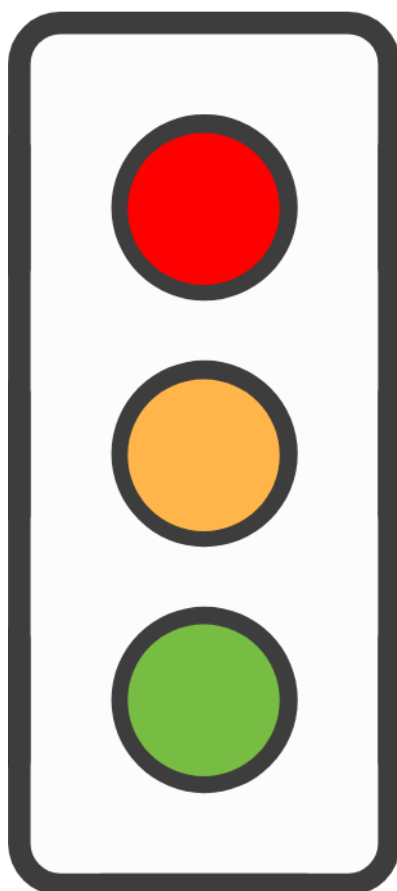
- **Don't** hurt others
- **Don't** hurt yourself
- **Don't** hurt objects/things
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What helps you to follow the anger rules?

What helps you to get calm and in control again?

Write your own plan for dealing with getting angry.

This is one that someone made, using the traffic lights. You could do one like this:



Stop and think!
This behaviour is not acceptable.



Ask for a break



Time to calm down



Take deep breaths

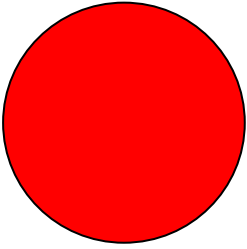
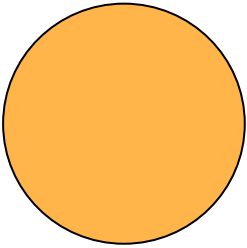
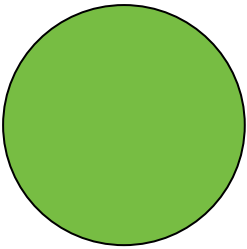


Excellent behaviour!



Keep up the great work!

Or use this template:

	I feel...	I can...
		
		
		

How we can help

The Down's Syndrome Association has a helpline.

You can call us on **0333 1212 300**.



We are happy to answer your questions.

The helpline is open Monday to Friday
from 10am until 4pm.



You can also email us at

info@downs-syndrome.org.uk

You can write to us too.

Our address is:



Langdon Down Centre

2a Langdon Park

Teddington

Middlesex

TW11 9PS

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

Down's Syndrome Association

Langdon Down Centre
2a Langdon Park
Teddington
Middlesex
TW11 9PS

t. 0333 1212 300

e. info@downs-syndrome.org.uk

w. www.downs-syndrome.org.uk

Wales

e. wales@downs-syndrome.org.uk

Northern Ireland

e. enquiriesni@downs-syndrome.org.uk



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www.dsactive.org



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