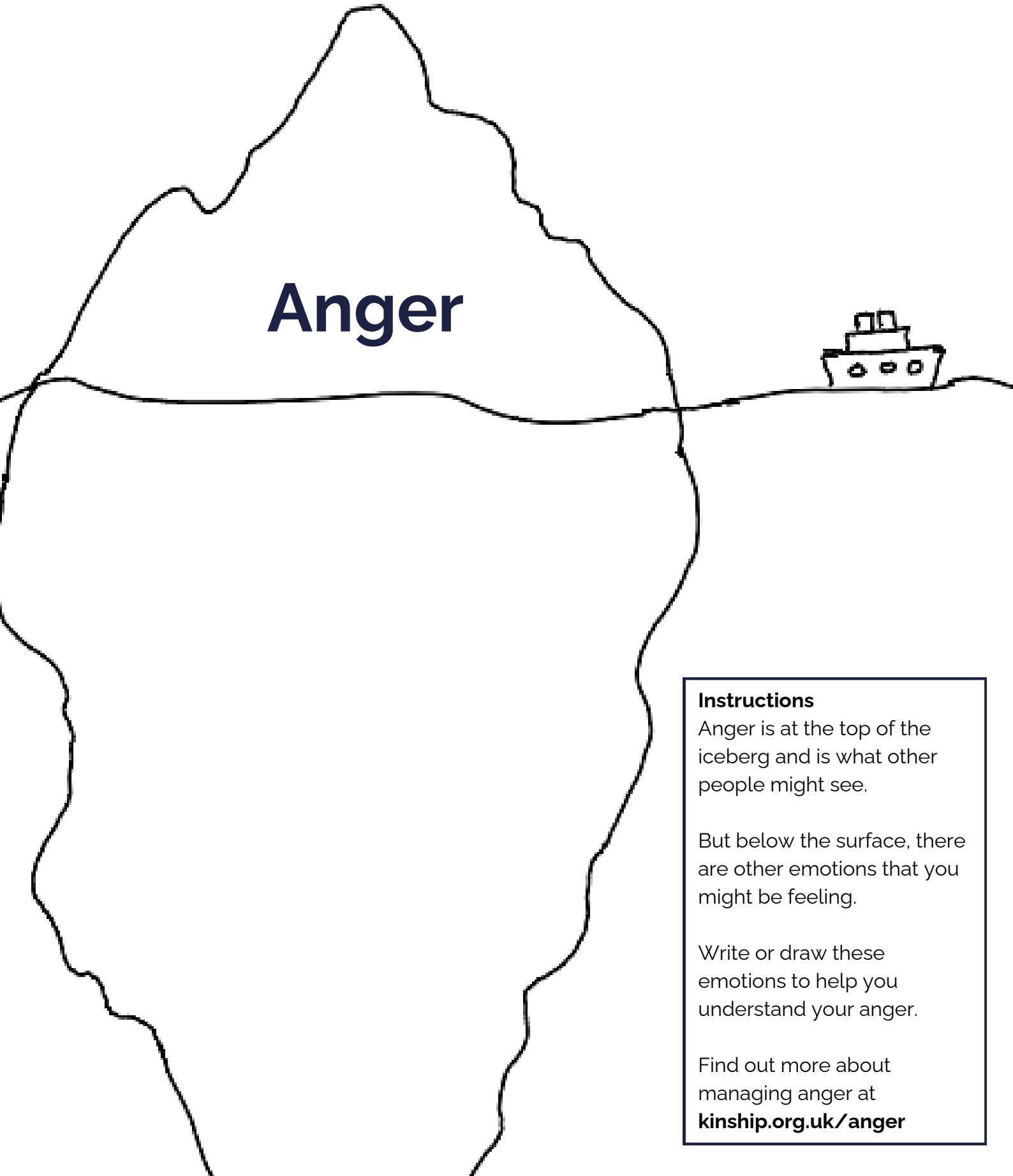


# The anger iceberg



## Instructions

Anger is at the top of the iceberg and is what other people might see.

But below the surface, there are other emotions that you might be feeling.

Write or draw these emotions to help you understand your anger.

Find out more about managing anger at [kinship.org.uk/anger](https://kinship.org.uk/anger)

