North Iowa Hospice - Youth Grief Worksheet #4

Have you ever had questions about anger or what to do when you are feeling angry? Many kids have these thoughts. Anger is a powerful feeling and often felt when you are grieving. Anger can be helpful or harmful to us. It depends on how anger is expressed. It is important to learn how to “blow off steam” in a positive way.

There are many causes of anger. Some causes can be from fear, hurt, disappointment, feeling threatened and feeling we can’t do anything to control situations around us. Sometimes, we wish others were hurting, too. Our bodies react to anger in the following ways:

- Muscles tighten
- Heart pumps faster
- Blood flows quicker
- Sugar and adrenaline pour into the bloodstream

When this happens, our body create lots of energy. You may have a hard time standing still. The goal is to learn to use this “anger energy” to your advantage. Otherwise, the anger can cause more problems in your life. When anger is used in a harmful way, you can get in trouble at home or school. Friends might not want to be around you as much or schoolwork might not be as good.

Complete the following sentences if you are feeling angry:

I’m feeling angry about________________________________________________________

because ____________________________________________________________________.

I feel better when I __________________________________________________________.

It is never appropriate to physically attack people (including yourself), animals or damage property because you are angry. Talk with your parents or another trusted adult about what you can do when you are feeling angry. Keep these suggestions in mind when you are angry:

- Find a safe place to go if you need to leave a situation.
- Punch a pillow/punching bag (this way no one or property gets hurt).
- Figure out what calms you, like music, art, laughter, being with friends, taking deep breaths, etc.
- Exercise is a great way to release anger. Try running around the block, swimming, going for a bike ride, taking a walk, etc.

If you have questions about what you are feeling since your loved one died, talk to a trusted adult in your life. You can also ask to talk to one of the bereavement coordinators at North Iowa Hospice.