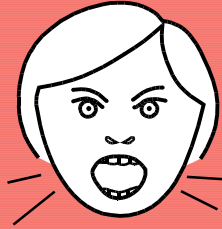
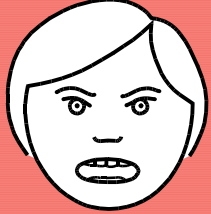


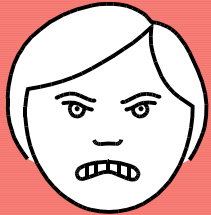
furious



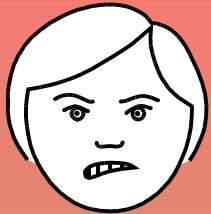
angry



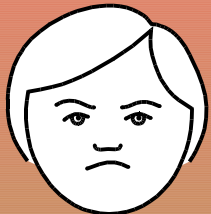
cross/mad



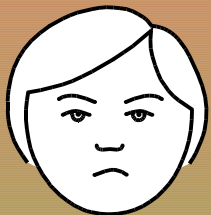
annoyed



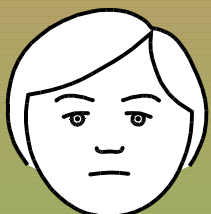
frustrated



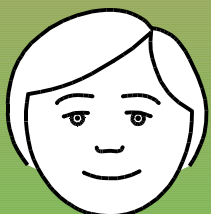
irritated



tense



calm



Learning to manage emotions:

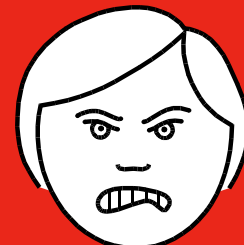
Many children on the autism spectrum have difficulty moderating their emotions. They need to learn that there are increasing degrees from calm to angry, and then be directed to what is an appropriate response in a given situation.

Its useful to show the child the anger chart when they are calm, and discuss various scenarios where the varying degrees are appropriate. eg. "If someone takes your toy, it's OK to be annoyed." "If mum asks you to stop playing on the computer and help set the table, then being frustrated is Ok, being furious is not."

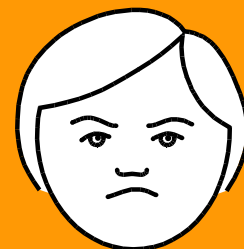
Once you've talked through the chart, you can introduce it into situations of frustration, to demonstrate what level of anger the child is feeling and to describe what level is more appropriate.

The "traffic light" symbols below are a useful communicator to teach a less-verbal child the point at which they should seek support (either an adult intervention or calming way out for themselves). As they begin to feel the frustration build, they need to identify it and think of a way to deal with it. At first you can show the child the cards as they experience the emotions, saying "You are calm because..." or "You are angry because..." Once they are familiar with them, they can use them to communicate back to you when they are feeling that they are about to loose control.

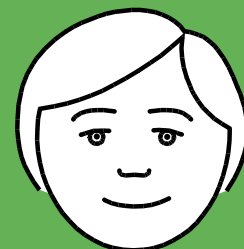
Instructions: Print and laminate this page. Keep the strip on the left as is, and cut out the flash cards on the right.



angry



upset



calm