



GoZen!

GOT
ANGER?
GO FISH!

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THANK YOU SO MUCH!

Our mission at GoZen! is providing parents and practitioners with the tools they need to arm kids with essential life skills - not only to manage anxiety, but to live with deeper purpose. We can't do it without your support!

Have any questions or comments about our printable kits? Reach out to go@gozen.com, we'd love to hear from you.

YOU MAY ALSO ENJOY :



**Click here to learn more about our New
Animated Program on Anger Transformation!**

GoZen.com/anger/

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TRANSLATIONS:

We are working on translations for this kit. We have it [available in Spanish here](#). We will have it available in other languages soon!

Got Anger? Go Fish!

Did you know that anger is what psychologists call a secondary emotion? What that means is there is another emotion (not surprisingly called a primary emotion) that sits underneath the anger. In other words, the anger can be caused by a different emotion--sadness, fear, disgust etc. The games below will help you figure out what lies beneath anger in a variety of scenarios.

Game 1: Got Anger? Go Fish!

This game is just like regular Go Fish, with the goal of getting the most matches at the end of the game. Matches are made with different emotions, but here's the catch: in order to keep a match, players must use their creativity to explain how and why they might feel their matched emotion in different anger inducing scenarios.

Game Prep

1. Print the anger scenarios deck and emotions deck on different colored paper.
2. Cut out the cards in both emotions and anger scenarios deck.
3. Feel free to laminate!

Game Time! Ideal for groups of 2-5 people

1. Put the anger scenarios deck face down in the middle.
2. Put the emotions deck face down in the middle.
3. Each player is dealt 5 cards from the emotions deck.
4. Moving clockwise, the players take turns asking one player of their choice, if they have a matching emotions card.
5. If no one has a matching emotions card, the player must go fish, and take a new emotions card from the deck.
6. Once a player finds a match, they turn over the top card from the anger scenarios deck.
7. If the player can explain how someone would feel the emotions they have matched during their scenario, they keep the match.
8. If the player cannot explain how someone would feel the given emotion, the other player can take a turn at explaining. If their explanation is sound, they can steal the match.
9. If neither player can explain how an emotion fits with a scenario, the emotions go to the bottom of the emotions deck, face down.
10. The player with the most matches when the anger scenarios deck runs out wins!

Game 2: The Anger Iceberg

What's under our angry emotions? With this game, you'll help give kids the words they need to verbalize what's under their anger.

Game Prep

1. Print 1 anger scenarios deck (print more copies for more players, 1 to each pair)
2. Print 2 primary emotions decks (print more copies for more players, 2 to each pair)
3. Print 2 Anger Icebergs (print more copies for more players, 1 per player)
4. Cut out cards in both primary emotions and anger scenarios deck
5. Feel free to laminate!

Game Time! Ideal for groups of 2

1. Distribute an Anger Iceberg to each player.
2. Place the anger scenarios deck face down, and in the middle the players.
3. Each player gets their own deck of 40 emotions cards.
4. Flip over the first anger scenario, read out loud.
5. Each player chooses 3-5 emotions cards that would be under their personal Anger Iceberg.
6. Once players are ready, they explain and discuss their Anger Icebergs to each other. Players can feel free to go into detail about why they chose the emotions they did.
7. Repeat until players have gone through the entire anger scenarios deck.

If you come up with new and awesome ways to use these card decks, please send an email to go@gozen.com so we can share your creativity with the larger community!

Reference: Merriam-Webster Learner's Dictionary and Student Dictionary



My parents wouldn't let me have a phone even though everyone else had one.



The hairdresser cut my hair too short.



My sibling was hogging the TV.



Someone ate all the dessert before I could have any.



My friend canceled our plans last minute.



My sibling copied my exact outfit!



I got picked last for a team during gym class.



All of my friends were in the same class without me.



I was trying to tell a story but I kept getting interrupted.



My dad embarrassed me in front of all my friends.



My crush told me they liked my best friend.



My four best friends hung out without me.



My sibling borrowed my favorite shirt without asking.



My parents wouldn't let me go to the party.



I didn't make the team I tried out for.



My friends started a group chat without me.



My mom made me fold laundry while my little sibling played.



My parents wouldn't let me stay up later.



My homework assignment didn't save and I had to redo it.



The bus was 20 minutes late and I had to wait in the cold.

Abandoned

**left without needed
protection or care**

Alone

**without people that you know
or that usually are with you**

Bullied

teased, hurt, or threatened

Confused

**unable to understand
or think clearly**

Defeated

falling short of your goals or losing

Disappointed

feeling sad, unhappy, or displeased because something was not as good as you thought it would be or because something you hoped for didn't happen

Disgusted

disliking something to the point of being sickened by it

Doubtful

not certain; unknown or undecided

Embarrassed

**feeling confused, distressed,
foolish or self-conscious
in front of others**

Envious

wanting what someone else has

Excluded

**prevented from doing something
or being a part of a group**

Gloomy

sad or depressed

Hopeless

impossible to solve or finish

Humiliated

**feeling very ashamed, foolish,
or put down in front of others**

Ignored

**refuse to notice or paid
no attention to**

Impatient

**wanting or eager to do
something without waiting**

Inadequate

not enough or not good enough

Insecure

**not confident about yourself or
your ability to do things well;
nervous and uncomfortable**

Invalidated

**when your thoughts and feelings
are rejected or ignored**

Isolated

separate from others

Jealous

**feeling or showing an unhappy
or angry desire to have
what someone else has**

Lack of Control

**to not have power over an
outcome or course of events**

Left out

made to feel unwanted

Lonely

**sad from being apart
from other people**

Lost

not knowing where you are or how to get to where you want to go; unable to find your way

Nervous

having or showing feelings of being worried and afraid about what might happen

Like an Outsider

a person who does not belong to or is not accepted as part of a particular group or organization

Overlooked

paid no attention or ignored

Panicked

**a state or feeling of extreme
fear that makes someone unable
to act or think normally**

Punished

**suffering for bad behavior
or treated severely**

Rejected

**feeling disappointed
or unacceptable**

Responsible

**being the one who must answer
or account for something**

Sad

feeling grief or unhappiness

Scared

**afraid of something;
nervous or frightened**

Shame

**a feeling of guilt, regret,
or sadness that you have
because you know you have
done something wrong**

Sorry

feeling sorrow or regret

Trapped

**in a bad position or
situation from which it
is difficult to escape**

Unwelcome

not wanted or not welcome

Worried

**feeling or showing fear and
concern because you think
that something bad has
happened or could happen**

Wronged

treated badly or unfairly

