Ready2Comply

TOOLKITS FOR CHILDREN'S SERVICES

DIRECT WORK RESOURCE · EMOTIONS AND WELLBEING

Keep Your Cool

Anger, conflict and staying in control

A colourful, ready-to-use direct work pack to help young people understand anger, notice their triggers and early signs, and find ways to stay in control – and to help you record and plan the support.

- Ages 11–17
- 1:1 or small groups
- 3–4 sessions
- Editable Word

SAMPLE

Worker's guide

Session plans, SEND and trauma-informed tips, disclosures, escalation, recording and the law for staff

Activity sheets

The anger iceberg, trigger detective, 12 scenario cards, cool-down toolkit, my calm plan, who to talk to

Check-in

Young person's check-in with worker's guide (no score), observation checklist, record sheet – plus a certificate

For children's homes, supported accommodation and schools · British English · Version 1.0 · November 2026

Guidance in this pack was checked against NHS, Childline, YoungMinds, DfE and legislation.gov.uk sources in November 2026 (see Sources, page 21). It is wellbeing and direct work, not therapy.

Ready2Comply is not affiliated with any charity, helpline or organisation named in this pack. This pack is not therapy and does not replace advice from health or mental health professionals.

The anger iceberg

Anger is what people see – there's usually more going on underneath

Anger

The bit everyone sees – shouting, slamming, swearing.

💡 It's the tip of the iceberg.

Hurt

Being let down, left out or rejected.

💡 Feels like anger from the outside.

Fear

Feeling unsafe, worried or out of control.

💡 The body's alarm goes off.

Embarrassment

Being laughed at or shown up.

💡 Can turn into anger in seconds.

Tired or hungry

No sleep, no food, too much going on.

💡 Makes everything feel bigger.

Body clues

Hot face, fast heart, fists, tight jaw.

💡 Your early warning signal.

Thinking brain offline

When anger is very big, it's hard to think.

💡 Cool down first, then talk.

Choice point

The moment between feeling and doing.

💡 Pause – breathe – choose.

Repair

Saying sorry, fixing it, moving on.

💡 Everyone gets it wrong sometimes.

Did you know?

Anger usually peaks and then **drops within minutes** if nothing keeps it going. Moving away, slow breathing or cold water can help your body calm down faster.

SAMPLE

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Real-life situations

Cut out the cards or pick one. What's going on? What would you do?

1 Laughed at

You answer a question in class and get it wrong. A few people laugh. Your face goes hot and you want to flip the table.

🔥 What's the trigger? 💭 What's underneath? 🧰 What could help?

2 Told no

Staff say you can't go out tonight because they don't know who you're meeting. Everyone else is going.

🔥 What's the trigger? 💭 What's underneath? 🧰 What could help?

3 Online row

It's midnight. Someone in the group chat is slagging off your family. Your thumbs are already typing.

🔥 What's the trigger? 💭 What's underneath? 🧰 What could help?

4 Contact cancelled

Your mum cancels contact again, an hour before. Staff try to talk to you, and you tell them to get lost.

🔥 What's the trigger? 💭 What's underneath? 🧰 What could help?

5 Shoulder barge

Someone bumps into you hard in the corridor. They don't say sorry. Your mates are watching.

🔥 What's the trigger? 💭 What's underneath? 🧰 What could help?

6 Running on empty

You've had three hours' sleep and no breakfast. Everything anyone says is winding you up.

🔥 What's the trigger? 💭 What's underneath? 🧰 What could help?

SAMPLE

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