## Appendix 1 Anger Alphabet – Pre and Post Course Checklist

Ask the child to rate themselves against each of the following statements on a scale of 0-10 (0 = not very much/never, 5 = a medium amount/sometimes, 10 = a lot/almost always)

## Information – what do I know about my anger?

		TTIIC C	o i kiio	T about	, ango	••				
I unde	erstand w	hy I get ai	ngry							
0	1	2	3	4	5	6	7	8	9	10
Not v	ery much	l							almost a	always
I unde	erstand w	hy others	get angry	У						
0	1	2	3	4	5	6	7	8	9	10
I knov	w the trigg	gers that s	start my a	anger						
0	1	2	3	4	5	6	7	8	9	10
I knov	w how to	stop my a	anger esc	alating						
0	1	2	3	4	5	6	7	8	9	10
I knov	w what ha	appens to	my body	when I go	et angry					
0	1	2	3	4	5	6	7	8	9	10

	1	2	3	4	5	6	7	8	9	10
kno	w that I ca	an cope w	hen othe	er students	get angry	,				
0	1	2	3	4	5	6	7	8	9	10
			<u> </u>							
knov	w that I ca	an cope w	hen adul	ts get angi	۲V					
0	1	2	3	4	5	6	7	8	9	1
<b>U</b>	•			4	• • • • • • • • • • • • • • • • • • •		,	•	<b>9</b>	
$M_{NI}$ c	kılle — h	ow are	my skill	s now?						
iviy S	, Killi II		-							
	reflect on									
l can				4	5	6	7	8	9	1
l can	reflect on	my behav	viours	4	5	6	7	8	9	1
can	reflect on	my behav	viours	4	5	6	7	8	9	1
l can	reflect on	my behav	3		5	6	7	8	9	1
l can	reflect on  1	my behav	3		5	6	7	8	9	
l can	reflect on  1  set realisti	my behave 2 c targets f	viours  3  for chang	e						
l can	reflect on  1  set realisti	my behave 2 c targets f	viours  3  for chang	e						
l can	reflect on  1  set realisti 1	my behave 2  c targets for 2	oviours  3  for chang  3	e	5					
l can  O  I can	reflect on  1  set realisti 1	my behave 2  c targets for 2	oviours  3  for chang  3	e <b>4</b>	5					1
can  can  can	reflect on  1  set realisti  1  plan ahea	my behave 2  c targets to 2  d and pre	for chang  3  dict my b	e <b>4</b>	5	6	7	8	9	1
l can  O  I can	reflect on  1  set realisti  1  plan ahea	my behave 2  c targets to 2  d and pre	for chang  3  dict my b	e <b>4</b>	5	6	7	8	9	1
l can  Can  Can  Can  Can  Can	reflect on  1  set realisti  1  plan ahea	my behave 2  c targets for 2  d and precedent 2	or chang  dict my b	e  4  Dehaviours  4	5	6	7	8	9	1
l can  Can  Can  Can  Can  Can	reflect on  1  set realisti  1  plan ahea  1	my behave 2  c targets for 2  d and precedent 2  to solve in 1	for chang  3  dict my b  3	e 4	5	6	7 7	8	9	10

0	1	2	3	4	5	6	7	8	9	10
can	talk mysel	f down fr	om anger							
0	1	2	3	4	5	6	7	8	9	10
can	use 'time (	out' effect	tively							
0	1	2	3	4	5	6	7	8	9	10
0	use 'l' mes	2	3	4	5	6	7	8	9	10
can	problem s	olve with	friends							
	_	_	3	4	5	6	7	8	9	4.0
0	1	2	3		_	O	,			10
0	1	2				0		_		10
	problem s									10
l can		olve with	adults	4						10
I can	problem s	olve with	adults	4						
l can	problem s	olve with	adults	4						
0	problem s  1  manage m	olve with  2  ny stress	adults 3	4	5	6	7	8	9	

l can unc are gettir		ow others	are feelin	ig and cha	inge my b	ehaviours	towards t	hem if I t	hink they
0	1	2	3	4	5	6	7	8	9 10
How do	you feel al	oout your	ability to	manage y	our feelin	gs and be	haviour?		
(0 = nega	ative; $5 = 0$	OK; 10 = p	oositive)						
0	1	2	3	4	5	6	7	8	9 10
Negative									Positive
How worfuture?	uld you lik <b>1</b>		·	·			ngs and be <b>7</b>	ehaviour i <b>8</b>	n the <b>9</b> 10
		k needs to				u to make	e more pro	ogress? (I	nclude