

Anger Iceberg and the feelings hidden underneath



What you might see
on the surface

Just like how most of an iceberg is hidden below the surface of the water, when we're angry, there can be other emotions hidden beneath the surface.

It can be difficult to see the underlying feelings the anger is masking. Encourage the children to complete their own feelings iceberg. They may have a different feeling on the surface of their iceberg.

The hidden feelings
that lie beneath

- scared
- grief
- pain
- stressed
- worried
- insecurity
- loneliness
- rejection
- depression
- alone
- guilt
- shame
- threatened
- annoyed
- hungry
- tired
- contempt
- nervousness
- anxiety
- frustration
- disappointment
- confusion
- isolation
- sadness
- trapped
- embarrassment
- helplessness
- overwhelmed
- jealousy
- outrage
- humiliation
- regret
- hurt
- fear

“Where there is anger there
is always pain underneath.”

Eckhart Tolle



My Feelings Iceberg

*My feelings on the
on the surface*

*My hidden feelings
underneath*

What would these feelings
look like, can you draw
them?

