



Stormy Currents



Davina the Dolphin struggles with her anger, she feels it in different parts of her body. She would like you to find the words and sentences in the word search on the "Stormy Currents" page of your Log Books.

Once you have found them, circle the words below in red, which you experience when angry.

Don't forget the Crew Code - Help Someone who is struggling!

- Knot In Stomach • Red Face • Heart Racing • Loud Voice • Quicker Speech • Tense Muscles • Tight Fists • Hot • Fast Breathing
- Tears • Can't Keep Still • Shaking • Dry Mouth • Lump In Throat

F - After they have completed this, call out the words/sentences one at a time and ask them to put up their hands if they experience that feeling.

We all feel things differently. This can also mean it is very hard to understand when someone is angry. They may be feeling another emotion instead.

Therefore what can we do if we are not sure? **F - Answer = Ask them.**



ANSWERSHEET

The found words are highlighted above.

