

## Managing Anger

YouTube Video- <https://youtu.be/cYfJD5XrHFk?t=24>

### Comprehension Questions

1. True or False? **Everyone feels ANGRY sometimes.**
  - a. True
  - b. False
2. Anger makes it harder to:
  - a. Speak
  - b. Talk
  - c. Think
3. What are some signs that someone is angry? (Select all that apply)
  - a. Smiling face
  - b. Frowning face
  - c. Fists balled up
  - d. Screaming or yelling
  - e. Pushing or fighting
  - f. Kind words
4. What should you do if you feel angry?
  - a. Scream or talk louder
  - b. Breathe and Count-down
  - c. Jump up and down