

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