

Tuesday

2nd February 2021

Read the passage and complete the tree map.

You should think before you speak. When you are very angry, you may say things that are hurtful. Later, you may regret saying those things. So, before you speak, stop and think about what you are going to say.

Talk to someone you trust. Sometimes your anger may be caused by other problems. So, when you talk about your problems, your anger will usually go away.

Do something that helps you to relax. Relaxing helps to calm your angry feelings. Listening to music, painting or writing in your journal are some of the things you can do.

Tree map

