



ANGER...Management!

Name: _____ Grade: _____

1. Acting on my anger usually makes the situation better. _____
2. Expressing your anger will improves your mood. _____
3. Counting to ten can help to relieve anger. _____
4. Feelings or anger can occur when someone is triggered by an event or bad memory. _____
5. Getting revenge can fix feelings of anger. _____
6. You will feel better when you punish others who make you angry.

7. When you get angry your blood pressure and heart rate rises.

8. When you are angry pause, breathe and respond with wisdom.

9. Anger cannot be control, so it is important to let it happen.

10. Anger is a strong feeling of being upset or annoyed. _____