

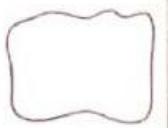
**C****Match the main ideas with their supporting details.****HOTS****Analysis**

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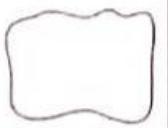
- a** You must be able to know that you are getting angry.
- b** Walk away from the people who are making you angry.
- c** Think of what could happen if you showed your anger.
- d** Exercise can help you feel better and less angry.

**1**

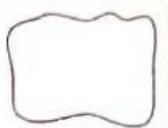
Ask yourself whether you will be happier after you have lost your temper. Will you make the situation better or make it worse?

**2**

When you exercise, chemicals are released in your brain. These chemicals make you feel more relaxed and calm.

**3**

If you can do this, you can try to control your anger. You can tell that you are getting angry when you start to raise your voice or shout and argue loudly.

**4**

Explain to them that you need a few minutes alone to calm down. Return to talk with them when you have calmed down.

