

For every minute
you remain

ANGRY,

you give up sixty
seconds of

PEACE.

-Ralph Waldo Emerson

Why am I so
ANGRY?



Understanding and Working
Through My Anger

NAME: _____

Do You Look Like This When You're Angry?



YOU CAN'T THINK STRAIGHT
OR ACT WITHOUT THINKING



YOU SEE RED



You want to
yell or scream.



Your heart pounds.



YOUR HANDS TURN INTO
FISTS OR START TO HIT.



YOUR FEET WANT TO
STOMP OR KICK.

Anger can make you act
in ways you usually would not.

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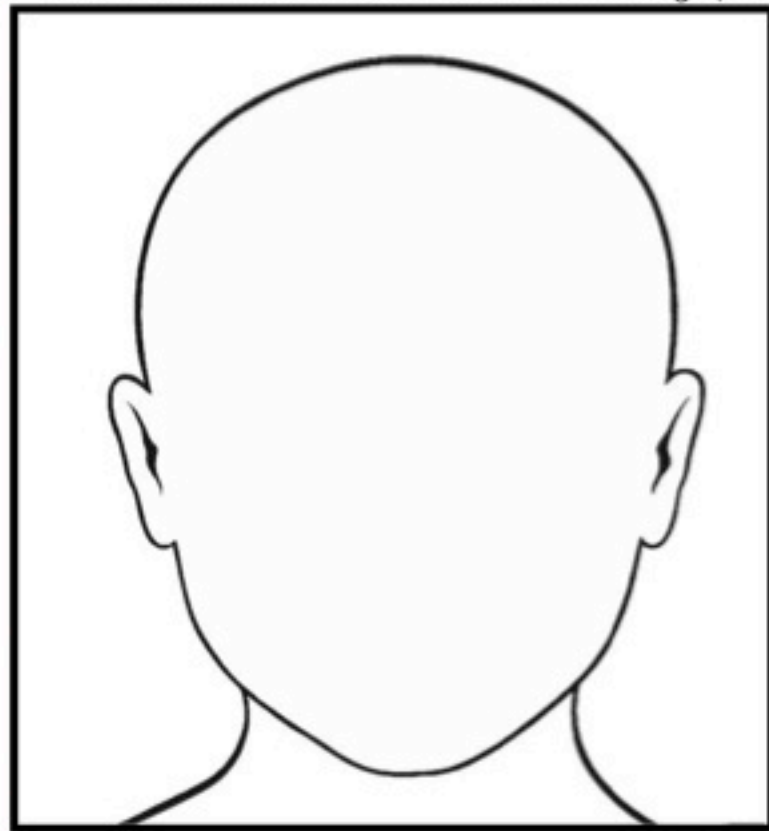
Describe the people you could
talk to about your anger and
would help you to cool down.

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Who would you talk to if you were angry?
Circle the people who could help you cool down.

a foster parent mom
dad
a grandparent stepmom
aunt stepdad
uncle coach
teacher A friend's parents
principal doctor
school counselor brother
cousin sister
teammate friend

What Do You Look Like When Angry?



Describe how you act when angry.
