



SOMETIMES I GET ANGRY

Sometimes I get so mad, I feel I can't hold it in.
But I can learn ways to calm myself. It just takes self-discipline.

Once I am soothed and cool, I can settle what started it all.
Talking, working it out, I will stand up, proud and tall!

MY NAME IS _____

GRADE _____

DATE _____

ANGER 6-1

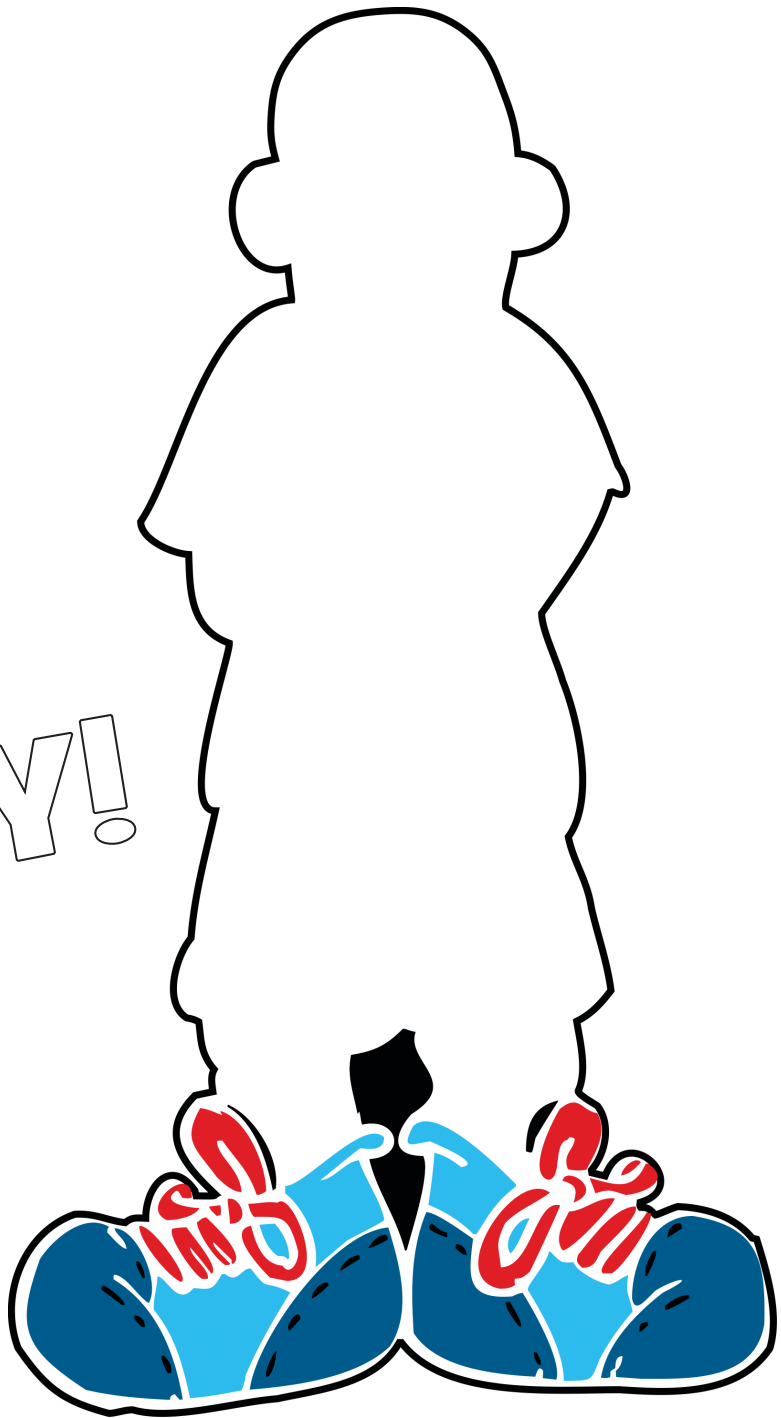
Everyone Gets Angry Once In A While!

This is a picture of me when I get angry!

ANGER 6-2

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**This Is
How My
Body Feels
When
I Am**
ANGRY!



My head feels _____ .

My muscles feel _____ .

My heart feels _____ .

My stomach feels _____ .

Other places inside me that feel anger are _____ .

_____ .

ANGER 6-3

I Want To Learn To Control My Temper Because:

Draw four reasons you should learn to CALM DOWN when you are angry.

The drawing area is divided into four quadrants by dotted lines. The top-left quadrant is outlined with red dots and contains a yellow star at its top-left corner. The top-right quadrant is outlined with orange dots and contains a yellow star at its center intersection. The bottom-left quadrant is outlined with blue dots and contains a red star at its bottom-left corner. The bottom-right quadrant is outlined with green dots. The center intersection of the dotted lines also features a yellow star.

ANGER 6-4

**This Is
When
I Feel**

MAD



ANGER 6-5

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I Could Get
MAD
Because Of A
Misunderstanding

I thought _____

_____,
but it didn't happen that way.

THIS IS WHAT REALLY HAPPENED:



WAYS I CAN CALM DOWN

Breathe deeply
Count to 10
Say the alphabet
Get away by yourself
Rip up old newspaper (no important paper!)
Talk with someone
Cry
Run around the playground
Get involved in a game
Watch TV
Draw a picture
Listen to music
Hold and squeeze a stress ball
Write in a journal
Talk to your pet
Think of a favorite memory
Make up a nice place to go inside of your head

My Favorite Ways To CALM DOWN

Here are three of my favorite ways to calm down!

★ Idea #1

★ Idea #2

★ Idea #3



Once I Am Calm, I Can Work Through My Problem.

This is me,
calm and talking with someone about my problem.

ANGER 6-9

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Problem-Solving Made Easy!

My problem is _____ .

I feel _____ because _____

and I want to _____ .

#1 CALM DOWN



Some solutions
to my
problem could be:



Circle the solution that seems best to you.

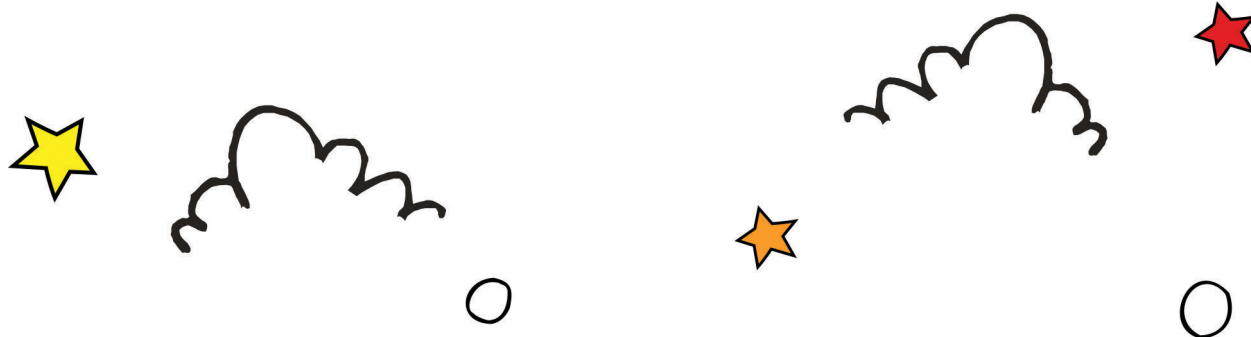
ANGER 6-10

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LIFE LESSON LEARNED



○ I CAN ★ ○
CALM DOWN
WHEN I AM
★ ANGRY!



ANGER 6-11

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