**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Homeroom**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Managing Anger When It’s Hard***

**Directions:** Review the list of things that can trigger you to feel angry. Check off all that apply to you.

* Being told on
* Waiting
* Hunger
* Cheating
* Being Touched
* Not Understanding
* Rumors or Gossip
* Being Ignored
* A misunderstanding
* Getting a consequence
* Being disrespected
* Being bumped into
* Loud noises
* Losing a game
* An accident
* Hurt or Pain
* Being left out
* Being bullied
* Being scared
* Bad news
* Unfair treatment
* Tests and Grades
* Getting a consequence
* Stress
* Being criticized
* An interruption
* Things not going as planned
* Things not being fair
* Not understanding what to do
* Being tired
* Being told what to do

Next time one of these situations occurs, and you start feeling mad, try one of these “anger busters”[[1]](#footnote-1):

* Talking to a friend you can trust
* Counting to 10
* Getting or giving a hug
* Doing jumping jacks or another exercise
* Drawing a picture of your anger
* Playing a video game
* Running around the outside of the house five times as fast as you can
* Singing along with music
* Pulling weeds in the garden
* Thinking good thoughts (maybe about a fun vacation or your favorite sport)
* Taking a bike ride, going for a jog, playing basketball — doing something active!

***Managing Anger When It’s Hard* (Continued)**

**Directions:** Focus on three things that you checked off from the list on page 1. Draft a plan for how you will calm yourself in these situations.

|  |  |
| --- | --- |
| **Anger Trigger** | **Ideas for how you’ll calm yourself** |
|  |  |
|  |  |
|  |  |

**Stamp Your Learning for *Managing Anger When It’s Hard***

**Directions:** Answer the following questions in complete sentences.

1. Describe two times you managed your anger well. Be specific.

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1. Which two “anger busters” would you use the most? Why?

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1. Adapted from “Taking Charge of Anger” by KidsHealth. Last accessed on 11/10/2020 at <https://kidshealth.org/en/kids/anger.html> [↑](#footnote-ref-1)