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

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

***Managing Anger Vocabulary***

**Directions:** Read the following vocabulary and answer the questions that follow.

|  |
| --- |
| **Managing Anger Vocabulary**  **Anger =** strong feeling of annoyance, displeasure, or hostility  **Stress =** mental or emotional strain or tension resulting from adverse or very demanding circumstance  **Stressors =** an event thattriggers or magnifies stress  **Assertive Behavior =** involves standing up for personal rights and expressing yourself in direct ways that do not violate others’ rights.  **Aggressive Behavior =** involves standing up for personal rights but violates the rights of others.  **Indignation =** anger in response to (perceived) unfair treatment |

***Managing Anger Vocabulary* Reflection Questions**

**Directions:** In your neatest handwriting and in complete sentences, answer the following questions:

1. How is being **angry** different from being **stressed?**

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1. Describe a **stressor** that you have experienced that caused **anger**.

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1. What is the key difference between **assertive behavior** and **aggressive behavior**?

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1. Describe a time that you have felt **indignation.**

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**Stamp Your Learning for *Managing Anger Vocabulary***

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

1. What **stressors** might affect you at school?

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1. Which word or words might you use in the future to help manage your anger? Why?

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1. Why might learning vocabulary help with managing anger?

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