

ALL ABOUT ANGER

What does it mean to be angry???

(Good Question!!!!)

Anger is when something happens or someone does something that you are not happy about. When you are angry, you might **FEEL** like.....

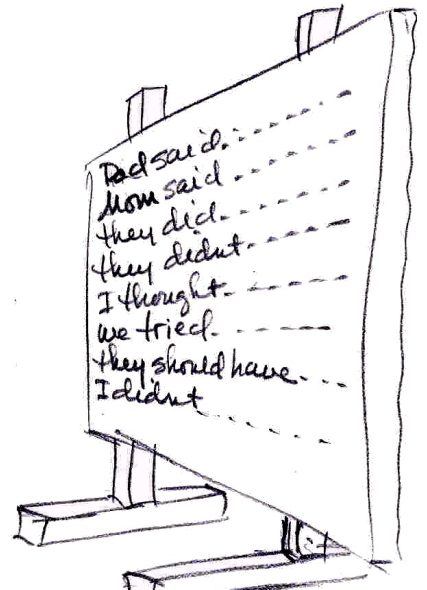


- Getting even with someone
- Saying something mean
- Yelling or screaming
- Calling someone a name
- Hitting
- Kicking
- Being by yourself
- Not talking to anyone
- Arguing
- Glaring or staring at someone
- Throwing things

It's okay to **feel** that way. Lots and lots of people do.

What are some things that make you feel angry?

1. _____
2. _____
3. _____
4. _____



Sometimes kids feel angry when parents decide to live apart.

(How angry are you about your parents splitting up or getting a divorce?)

Color in the thermometer to show how angry you are.



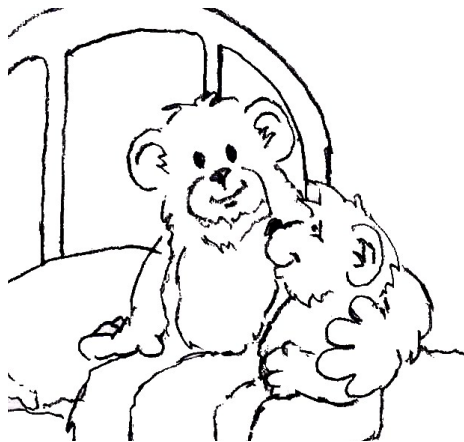
It's okay to feel angry. You have every right to feel that way.

It's what you do with your angry feelings that make the difference.

Some ways of handling anger work better than others. Let's look at some of the okay ways to help you deal with your anger that might be more helpful.



**Pound a pillow
or a punching bag**



Talk to someone safe



**Take a deep breath or
walk away and take
time to cool off**

