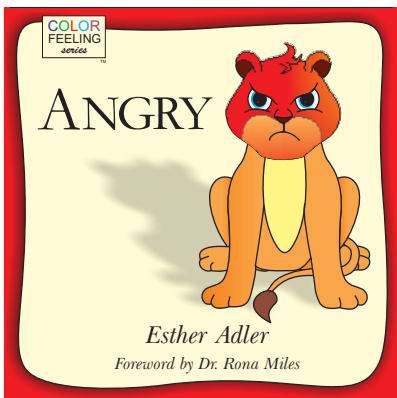




This is how I look when I feel angry:

Glue or tape a picture
of how you look when
you feel angry.



Worksheets are from the book

Angry: Helping Children Cope with Anger

by Esther Adler

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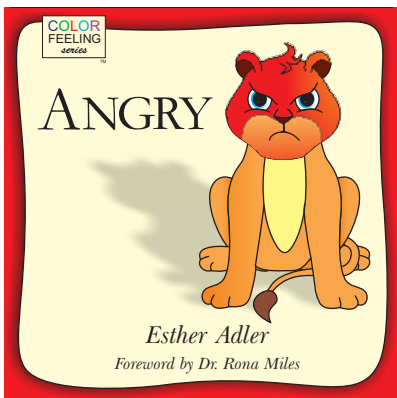
What makes you feel angry?

1. _____

2. _____

3. _____

4. _____



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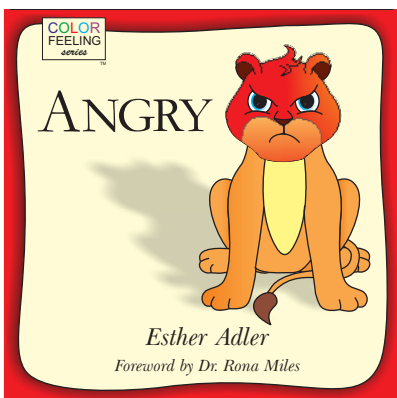
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Write a story about a time when you felt angry.



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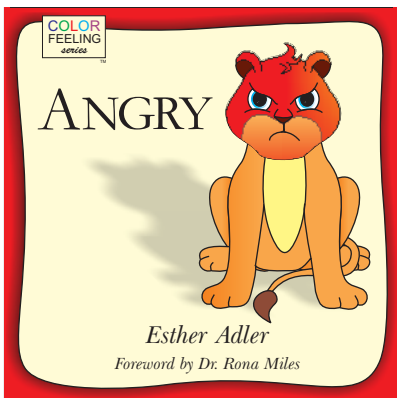
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Draw a picture of a time when you felt angry.



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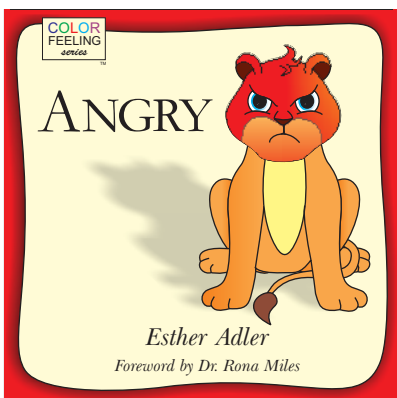
What can you do to help someone who is angry?

1. _____

2. _____

3. _____

4. _____



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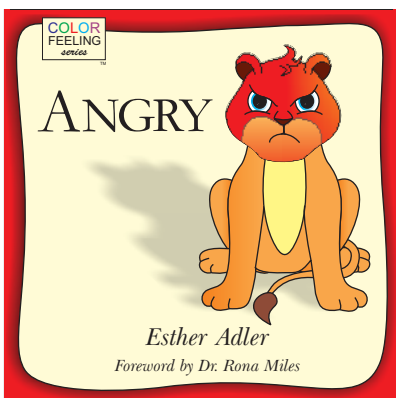
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Circle what you could do when you feel angry.
Cross out what you should not do when you feel angry.

Hit someone	Talk to an adult	
Express your feelings	Throw your toys	Yell at someone
Ask for help	<i>Write something else you could do</i>	<i>Write something else you should not do</i>



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