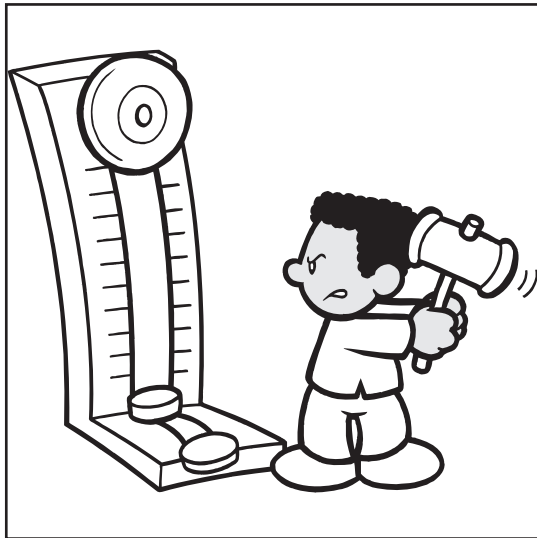


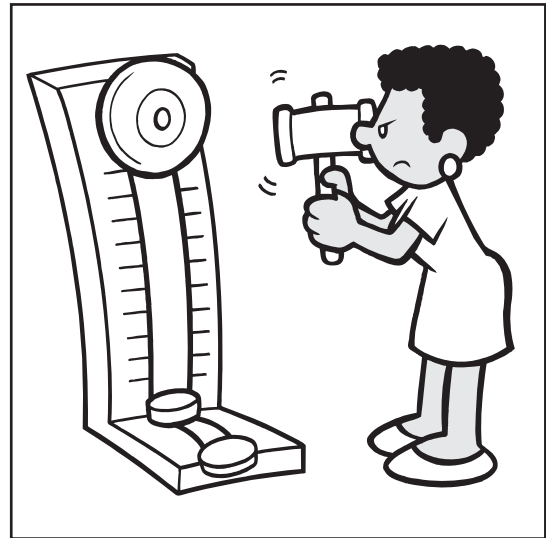
Everyone Gets Angry

You feel anger at different levels. Sometimes you may feel anger at a very low, mild level; sometimes you may feel anger at a very high, intense level. When your anger level is low, it is easier to stay in control. When your anger level is high, it is easier to lose control.

The people below are angry about different things and are feeling their anger at different levels. They are each about to hit the anger meter with the mallet. The stronger their anger, the higher the anger meter will rise when they hit it. Color the anger meter to show how high you think each person will make it rise.



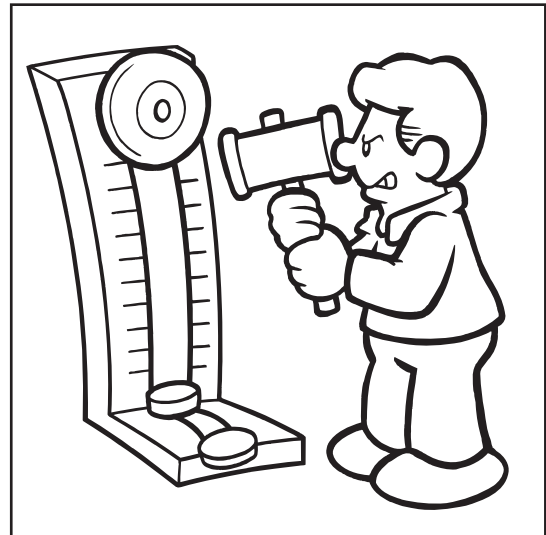
Tommy is angry because he tripped over a rock and fell down.



Mrs. Conner is angry because her vacation was cancelled.



Laura is angry because she got an "F" on her math test.



Mr. Hall is angry because another driver ran a red light and smashed his brand new car.

What makes you just a little angry?

What do you do when you are a little angry to feel better?

What makes you very angry?

What do you do when you feel very angry to feel better?

What do people in your home do when they get angry?

What does your teacher do when he or she gets angry?

Name three good ways to handle anger.
