

Name: _____

Class: _____

Anger Spelling / Vocabulary Worksheet

Grades 3 to 4

Instructions: Read the paragraphs on the left (or have an adult help if needed), and then practice writing the words in the spaces on the right.

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Emotion

Anger is an **emotion** we feel when we're upset about something that is happening to us. Anger's job is to motivate us to try and change the situation, so that we make things better for ourselves. Anger doesn't think for us or help us act correctly – it's only a signal that something might be wrong or is upsetting to us.



1. Emotion

2. _____

3. _____

4. _____

Carefully

Anger means something is upsetting us, but it DOES NOT mean we're right to be so upset or that we're thinking clearly in our anger. Our anger doesn't take the time to **carefully** think about the situation or consider things from another person's point of view. Many times people get angry over silly things or for all the wrong reasons. Or they think someone is being mean, when really, that person isn't trying to be mean at all. Anger isn't accurate: it's only a feeling.



1. Carefully

2. _____

3. _____

4. _____

Resolve

Anger provides the signal that we don't like something, but it's up to us to take that signal and use our brains to find ways to **resolve** the problem correctly. If I get angry at someone and hit them, then I'm in big trouble, and I haven't helped my situation at all. I've made it worse. We need to control our feelings of anger, and respond in intelligent ways.



1. Resolve

2. _____

3. _____

4. _____

Negative

Anger is a **negative** emotion. It makes us upset. When you're angry at someone, who do you think feels it? Do I feel it? Does the person you're angry with feel it? Does your puppy dog feel it? Of course not. Only YOU feel it. You're the one stuck with all those lousy, crummy feelings. Which is why it's important we learn to forgive and let go of our anger. When you dwell on anger and hold on to your angry feelings, the only person it hurts is you. We need to interpret the message that anger is telling us, and then let it go to try and resolve the situation.

1. Negative

2. _____

3. _____

4. _____