

Name: _____ Class: _____

www.keepyourchildsafesafe.org

Dealing With Anger

Everyone gets angry from time to time. Parents, teachers, kids . . . We all experience things that make us mad. It's perfectly normal to get angry from time to time. Anger is a natural thing to feel, just like any other emotion. It is neither good nor bad, it just is. But there are good and bad ways to deal with our anger. The important thing is that we learn to handle angry feeling in a way that's proper.



1. In the boxes below, write about some good and bad ways to handle anger.

Good Ways To Handle Anger

Bad Things To Do When Angry

2. What are some things that make you angry?

3. If you feel yourself getting angry, what could you do to ease the tension and keep from blowing a fuse.?
