

# About Anger - Level 1

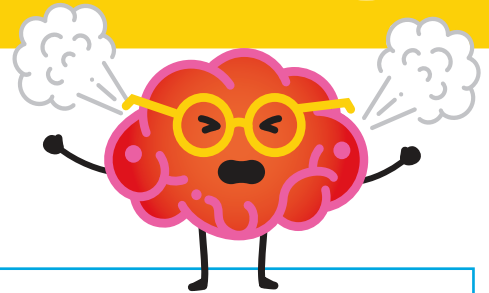
## Activity Handout



### Video Viewing Guide

**Do Now:** Write 1-2 sentences in the box below in response to the question.

**What makes you most angry?**



### Fill In The Blank

The switch that turns your accelerator on is called the \_\_\_\_\_"

**Directions** - Fill in the bubbles with anger management skills (summarize in 2-3 words):



### Stop and Think...

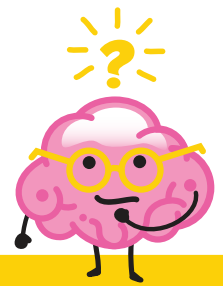
CFU #1 - What is your anger style? Give an example.

### Stop and Think...

CFU #2 - Describe a time you used an anger management skill.

## Write About It Prompt

**Directions:** Write 5-10 sentences in response to the following question.  
Use the box at the bottom to draw out your thoughts.



**Write a list of 5 times you felt very angry. How did you respond in these situations?  
Based on your reactions, what do you think is your anger style?**

---

---

---

---

---

---

---

---

---

---

# Activity #1 - Independent Practice

**Directions:** In the table below, list situations that might cause someone to become angry. On the right, describe an anger management skill that can be used to respond to the situation.

Situation that Causes Anger	Possible Anger Management Skill

**The situation:** John is in the middle of taking a math test that he has studied hard for. He struggles in math and his grade has been dropping, but he's been working hard, going to tutoring lessons, and completing all his homework to improve. During the test, Mark keeps throwing little balls of paper at John and the teacher doesn't notice because she is grading papers at her desk. John tries to ignore Mark, but he's getting annoyed. Finally, he grabs a paper and launches it back at him. The teacher sees John throw the paper and calls him up to her desk. She says John will get a zero for the test for messing around and sends him to the principal.



### Activity #3 - Extended Learning

**Info poster** - Create an informative poster that shows at least 3 Anger Styles and at least 3 Anger Management Skills. Use primarily images (printed or drawn) and limited words.

## Brain Quiz

1. Which of the following is NOT an anger style?
  - A. Avenger
  - B. Clam
  - C. Rocket
  - D. Train
2. Which Anger Style holds all their anger inside?
  - A. Clam
  - B. Rocket
  - C. Confronter
  - D. Avenger
3. Which is the most healthy Anger Style?
  - A. Denier
  - B. Clam
  - C. Avenger
  - D. Confronter
4. **True or False** - Experiencing anger is always bad.
5. **Open response** - List at least 3 healthy Anger Management Skills:

