The feeling of anger is not wrong or bad—it's just a feeling. But it is important to be careful about what you DO with your angry feelings. If you don’t stop and think before you let out your anger it can get you into trouble!

Anger is a strong feeling that has lots of different words to describe it. See if you can find the listed angry words in the Word Search at right.

<table>
<thead>
<tr>
<th>Irritated</th>
<th>Annoyed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frustrated</td>
<td>Upset</td>
</tr>
<tr>
<td>Livid</td>
<td>Irked</td>
</tr>
<tr>
<td>Enraged</td>
<td>Furious</td>
</tr>
<tr>
<td>Angry</td>
<td>Irrate</td>
</tr>
<tr>
<td>Fuming</td>
<td>Bothered</td>
</tr>
<tr>
<td>Mad</td>
<td>Aggravated</td>
</tr>
</tbody>
</table>

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S I R A T E I P L N B V R
G R E A N N O Y E D I F T
R R N F C P M K M U R R Y
D I R L W E A V B K K U L
I T A I F V D R O U E S I
F A G G R A V A T E D T V
U T E S U B C N H L K R I
M E D S S E V G E N R A D
I D U P S E T R R N M T G
N P A R R R T Y E J H E R
G F U R I O U S D E F D A
```
COLD WATER WORDS

Sometimes other people are angry with us or use put-downs or tease us to try and rouse our anger. Think of some responses that may help to cool down the situation.
Cool, Calm and Collected

Calm yourself down by

Counting

one... two... three...
four... five... six...

Speed walking

Exercising

Visualizing

Writing

Fist scribbling

Bubble-popping

Blowing bubbles

Pattern tracing

Breathing deeply

Tube knocking

Paper shredding

What other ideas do you have?
THE ANGER RULES

It's OK to feel angry BUT

- Don’t hurt others
- Don’t hurt yourself
- Don’t hurt property

—DO talk about it.
Cool As A Cucumber Award

COOL AS A CUCUMBER

AWARDED TO:

For staying "under control" and handling him/herself in a positive manner during a stressful situation.

DATE:

TEACHER:

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Things I Think and Things I Could Think

MAD THOUGHTS

GLAD THOUGHTS