Dealing with Anger

HOW DO YOU DEAL WITH SITUATIONS THAT MAKE YOU ANGRY?

- In the first column of the chart write down things that make you angry.
 In the second column tell how you deal with your anger.
- In the third column think how you could have handled your anger in a more positive way.
- Share your answers with a partner.

SITUATION	HANDLED HOW	MORE POSITIVE WAY

Me and Max

DO YOU SEE YOURSELF IN MAX?

- In the first circle write words that descirbe you.
- In the second circle, write words that describe Max.
- Where the circles overlap, write words that describe both of you.

MAX YOU

Sneaky Snake

