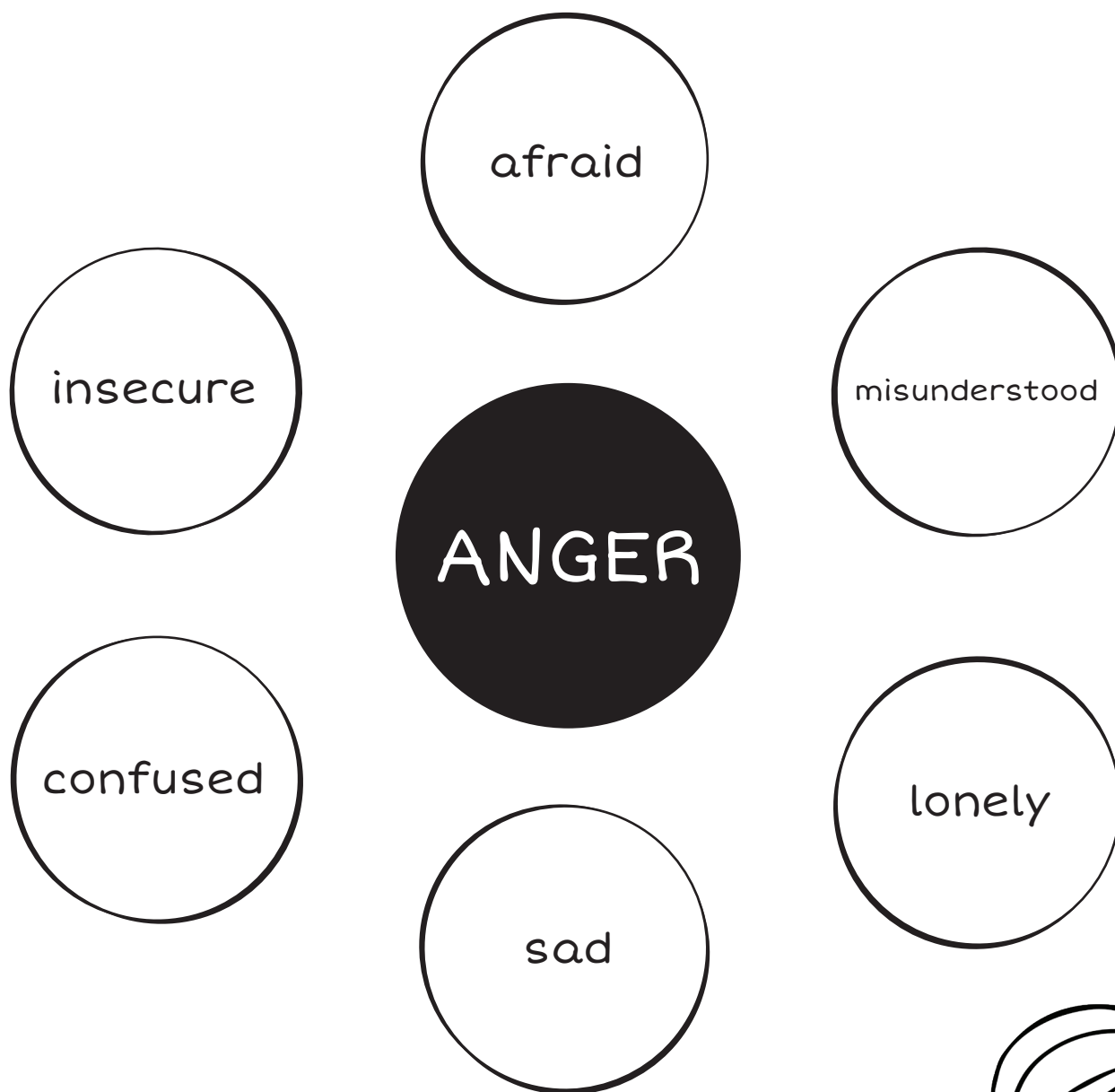


Chill out

Feelings can be tough to manage as kids get older. Sometimes, you might feel a really strong emotion, like anger. Some kids even feel so angry they want to throw things, hit people, or punch a wall. None of these are acceptable behaviors, even though they might seem like normal reactions to feeling angry. This book will help you learn ways to control those feelings, and choose behaviors that communicate them in the healthiest ways.



There are a lot of reasons that kids feel angry. Read the chart below to see how many feelings can be attached to anger.

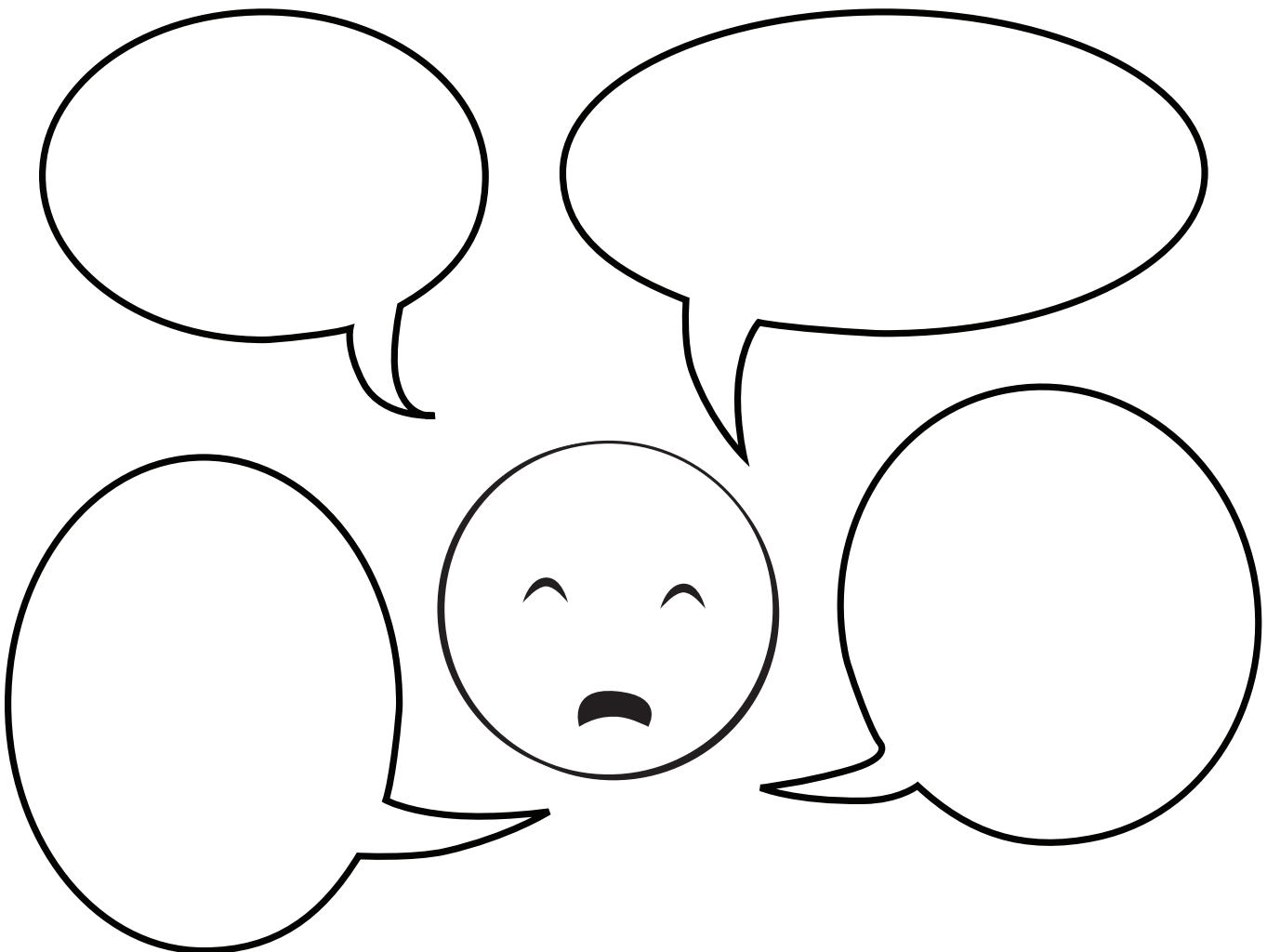


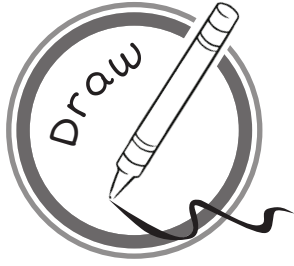
Were there any feelings attached to anger that were not mentioned above? List them below.



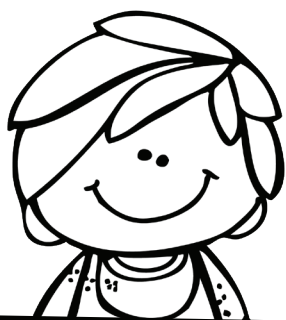
What are some things you do when you feel angry?

What are some things you've said when you were angry?



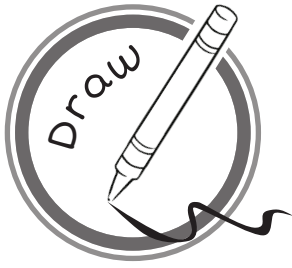


Do you ever let your feelings explode? If so, what effects do your feelings have on yourself and others when they explode? Draw a volcano below, and write your thoughts inside it. Below your drawing, write how these explosive thoughts affect those around you.



Illustrate your story in the box below. Make sure you include a picture of yourself, and use one or more of the emotion words you chose in your story in your facial expression.

A large, empty rectangular box with rounded corners, intended for drawing. The box is outlined in black and occupies most of the lower half of the page.



Draw a picture of something that makes you angry.