

MARCH 2017

# POWERFUL PROJECT

# ANGER MANAGEMENT

AGES 7 & UP



FIRST & LAST NAME: \_\_\_\_\_

This month we are talking about "anger management." Anger management means "recognizing and responding to anger in an appropriate and healthy way." Below, fill in the boxes to show how you deal with anger in your life. There are no right or wrong answers!



The last time you were angry...		
(1) What was making you feel angry? _____	(2) What calmed you down? _____	(3) What did you do about the problem? _____