

Worksheet on ANGER # 2.1



Draw a picture of a ANGRY person or A face of a angry person

6 # Write Three things You Can do to control your ANGER :

1.
2.
3.

5 # Write about the last time- when your were ANGRY :

.....

.....

.....

For more help see the article <http://www.self-esteem-tips.com/self-esteem-for-kids/free-printable-kid-worksheets/>

#1 Try to Tick mark-
What you Think- your ANGER is a...?
 Positive Feeling Negative Feeling Neutral Feeling

#2 Try to Tick mark-
You feel ANGER...?
 All the Time Frequently Never Hardly Ever Sometimes

#3 Write Three things –That make you ANGRY:

1.
2.
3.

#4 Write Three things- You do when You are ANGRY :

1.
2.
3.

Your name-
Date -