

Everyone has anger triggers, or things that makes them angry.

When I am angry, I might point that energy in an appropriate direction.

When I am angry, I might think it is OK to hurt or make fun of others.

My anger could hurt other people.

When some people make me angry, I can't treat them the way I want. I CAN forgive them. How should I treat other people when I am angry?

How can I forgive someone who has made me angry?

Draw a picture of your favorite cool down strategy.

Don't Be an **ANGRY BIRD**

DON'T BE A BULLY

ANGER CAN SPREAD

DIRECT YOUR ANGER APPROPRIATELY

ANGER TRIGGERS

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