

## Controlling My Anger

### What triggers my anger?

- When I don't get my way
- When I don't win a game
- When someone teases or picks on me
- When someone takes my things
- When someone tells me no
- Other \_\_\_\_\_



### How does my body respond

#### when I'm angry?

- I feel tense.                      My heart starts pounding.
- My head hurts.                      I breathe faster.
- My stomach hurts.                      I feel hot.
- I ball my fists.                      My hands are cold or sweaty.
- Other \_\_\_\_\_                      Other \_\_\_\_\_