NAME: DATE:

Anger Management Behavior Worksheet

A. How Do I Feel?

Circle the feeling that best matches each situation.

1.) Someone takes your favorite toy.
happy / angry / excited / calm

2.) You lose a game you really wanted to win.
proud / angry / sleepy / silly

3.) A friend says something mean to you.
angry / relaxed / excited / hungry

4.) Your teacher asks you to stop playing.
angry / happy / surprised / calm

5.) Your sibling breaks something you made.
angry / proud / sleepy / excited

B. What Happens When I Get Angry?

Circle what you might do.

1.) My face may feel
hot / cold / sleepy / ticklish

2.) I might
yell / sing quietly / smile / sleep

3.) My hands might
clench / wave happily / relax / clap

4.) My heart may
beat faster / stop / slow down / feel sleepy

5.) I might want to
take a break / scream / run away / break something