Name: Date:

ANGER MANAGEMENT

Directions: Write T for True or F for False.

1. Everyone feels angry sometimes. _____

2. Hitting people is a safe way to show anger. _____

3. Taking deep breaths may help me calm down. _____

4. I can ask for help when I feel overwhelmed. _____

5. I should always hide my feelings. _____

6. Talking about my feelings can help. _____

7. Breaking things is a good way to solve problems. _____

8. I can take a short break when I need one. _____

9. Using kind words is a safe choice. _____

10. I can learn to manage my anger. _____