Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **Feeling angry is ok!**

I feel angry when ………………………………

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| (episode one) **IT’S NOT FAIR!** (STOP AND THINK!) (anger can be scary…) | Questions to think about:1. What makes it hard sometimes to Stop and Think?

…………………………………………………………………………………………………………………………………2. How did ‘Stop and Think’ help Jimmy make Steve play fair?We can’t control our feelings, but we can control our acts!!!…………………………………………………………………………………………………………………………………… |
| (episode two)**EVERYBODY BOSSES ME AROUND!**(TALK ABOUT HOW YOU FEEL!)(anger can be uncomfortable…) | Questions to think about:1. How did talking about her angry feelings help Lisa?

……………………………………………………………………………………………………………………………………1. Who do you like to talk to when you’re angry?

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| (episode three)**YOU KNOW WHY I’M MAD!**(PEOPLE MAY NOT KNOW WHY YOU’RE ANGRY ABOUT) (anger can make you do things you didn’t mean to…) | Questions to think about:1. Jennifer was sure her friend knew why she was angry, but thefriend didn’t! Why not?……………………………………………………………………………………………………………………………………2. Has anything like this ever happened to you? What did you doabout it?…………………………………………………………………………………………………………………………………… |
| (episode four)**WHEN ANGER EQUALS ENERGY!**(…but anger can give you energy and make you try harder!) | Questions to think about:1. This program tells you some things you can do when you’re angry.What are they?……………………………………………………………………………………………………………………………………1. What are some other things you could do?

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