



Learning how to manage your feelings in a positive way is very important.  
Complete the activity below and use it whenever you feel angry.

Even though you may not feel like it, using words to express your anger can help you calm down. In fact, scientists have found that even just saying '**I am feeling angry**' can help you manage your feelings better.

There are lots of different words that describe being angry, too. Write down as many as you can think of below.

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