

# TRUE CHARACTER



A Balanced Approach to  
Character Development

## Anger Management – School Age

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

Anger management means “When I am angry, I can respond in a healthy way.” Each of us feels anger differently. When we think about what anger is trying to tell us, that is when we learn to manage it. Learning tools to be able to think while we are angry is vital. Below, fill in the blanks about how you feel when you are angry. Think about how your anger impacts you and what you can do to control it.



My face feels

\_\_\_\_\_  
\_\_\_\_\_

My hands

\_\_\_\_\_  
\_\_\_\_\_

When I’m angry I breathe

\_\_\_\_\_  
\_\_\_\_\_

## Anger Management

How do you behave when you are  
angry? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What do you say when you are  
angry? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What could you achieve with your anger?

\_\_\_\_\_

To control my anger, I like to: (Circle your favorite way)

Breathe deep

count to 10

talk about it

Other: \_\_\_\_\_