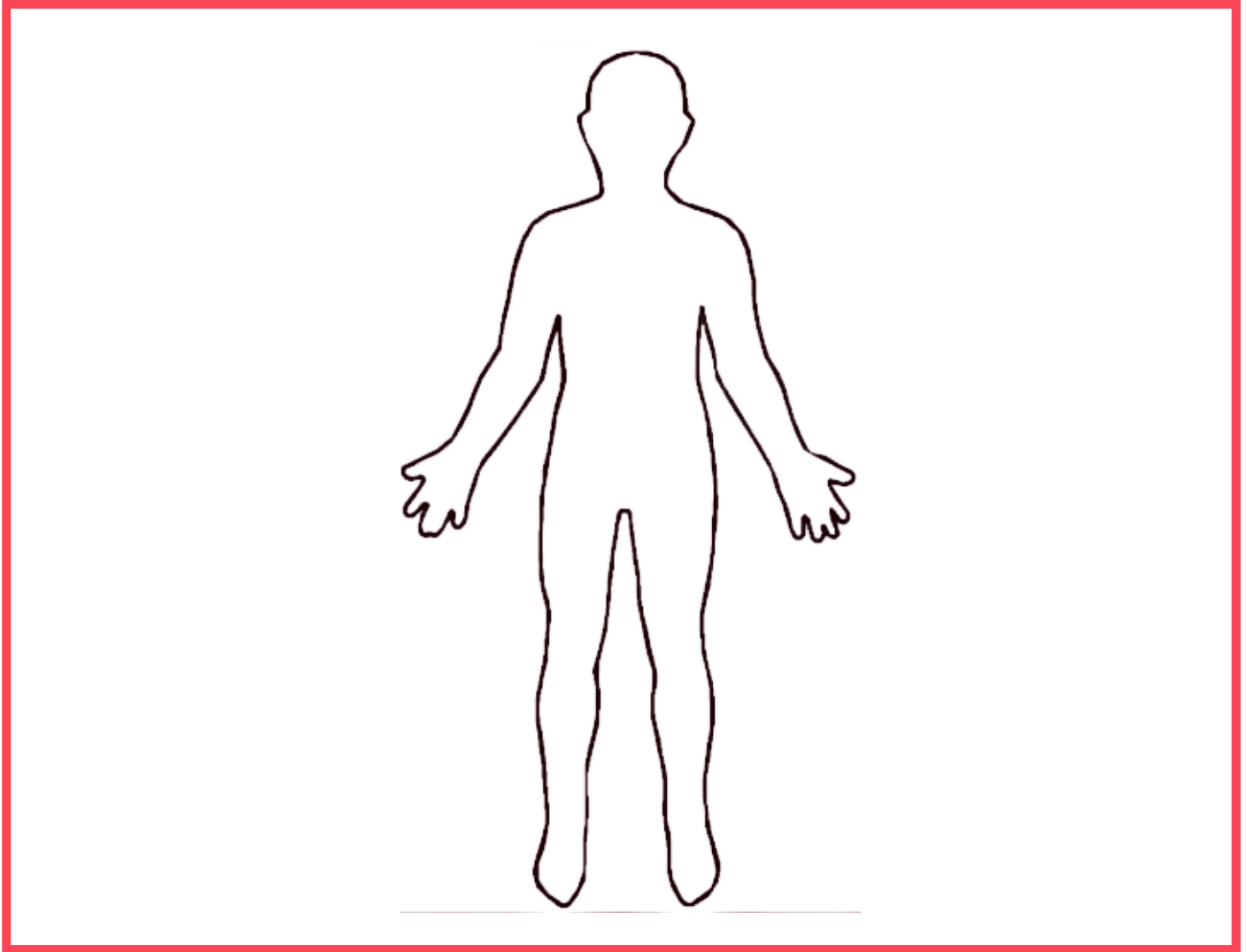


Howard B. Wigglebottom

Learns How to Manage Anger

Follow-Up Activities

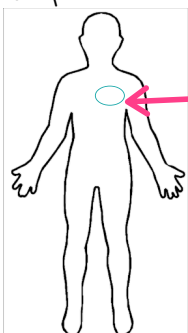
Circle where you feel anger in your body. If you can, describe what happens in the part of your body you circled.



What strategies can you use to help calm yourself down when you feel angry (ex: how you can get back to the GREEN ZONE)? Print or draw your answer.



Example



My heart beats really fast!

I can take deep breaths
to calm down.

