

LUCKY 13 ANGER-CONTROL SCRAMBLE

Unscramble the following words to learn thirteen different ways to control your anger.

1. MOCRIPESOM _____
2. TENDIFY LOBERPM _____
3. KINTH _____
4. EXGRALIN CUSIM _____
5. TREEBAH LEEDPY _____
6. RCFOOTNN _____
7. TTEAMDIE _____
8. CANHEG RABEVIOH _____
9. GROIEN _____
10. VEALE _____
11. TRIWE GREAN _____
12. KESE PELH _____
13. CREESIXE _____

Follow the instructions below. You may use the same answer more than once.

1. Put a 1 next to the anger-control method you would use if someone kept calling you names.
2. Put a 2 next to the anger-control method you would use if someone kept annoying you.
3. Put a 3 next to the anger-control method you would use if someone kept lying to you.
4. Put a 4 next to the anger-control method you would use if someone kept telling on you.
5. Put a 5 next to the anger-control method you would use if someone kept hitting you.

GAIN CONTROL

Elan has been getting very angry. For the past few weeks, Kurt has been pushing Elan, shoving Elan, and calling Elan names. Whenever Kurt does these things, Elan gets furious and chases after Kurt. Kurt is a fast runner. Because of this, Elan never catches Kurt and Kurt laughs wildly at Elan, which angers Elan even more. Kurt is controlling Elan. Kurt enjoys controlling Elan. The more Elan tries to catch him, the more Kurt enjoys harassing Elan. Kurt is playing a control game. On the other hand, Elan is tired of the game and wants it to end.

Write 3 different ways for Elan to regain his control.

1. _____

2. _____

3. _____

Which of the 3 ways do you think will have the best results? _____

Why? _____

