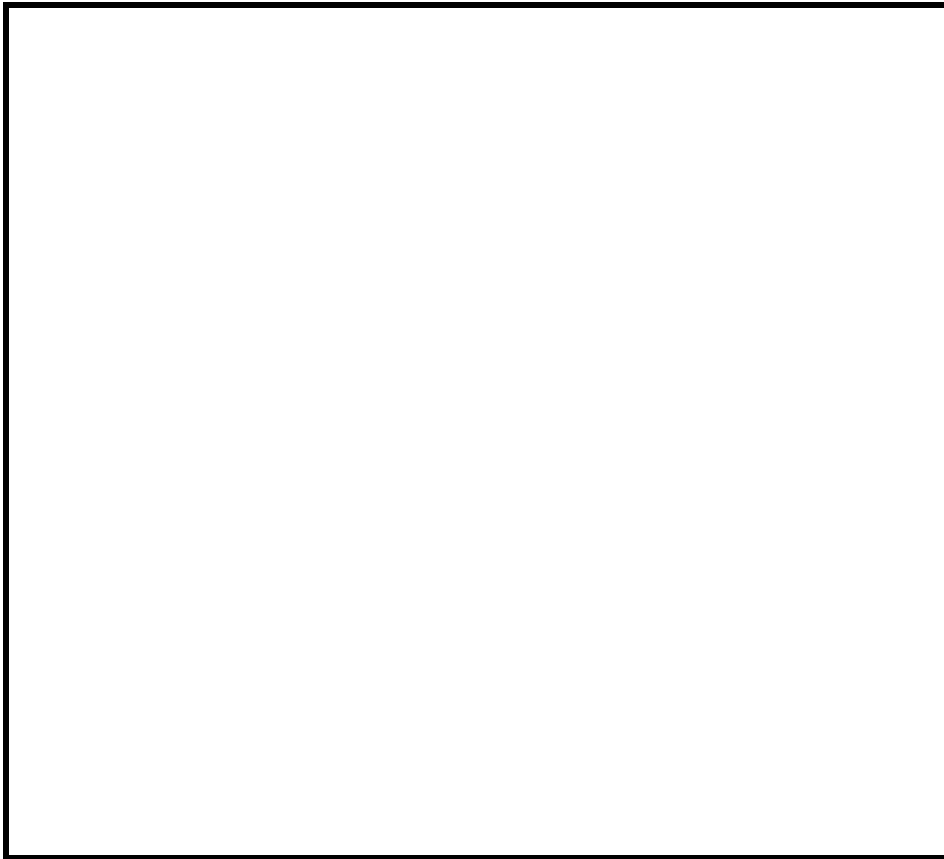


The ANGER Flame

The feeling of Anger is like a flame of fire. It grows and grows until it can become a raging fire. It is our responsibility to control our feelings of anger. It is ok to feel mad and angry. BUT, we must learn to express our anger in a way that shows how angry we are but doesn't hurt anyone. We make choices that grow the anger flame or cool the flame down. It is our choice. When we are angry, our brain is worried about protecting itself instead of learning. It is easy to not think about what you are doing when you get angry and have inappropriate behavior. The other students in the class can feel uncomfortable, afraid, or think weird thoughts about our anger flame behavior. People may not want to be our friend because they are worried that our anger flame may burn them.

Draw what an anger flame looks like to you.

WHAT is an ANGER FLAME????



What unexpected behavior do you have when you get angry?

There are many things that can cause anger at school. When we do not get our way, when we feel hurt inside, or something happens that makes us angry. The anger flame grows hotter and bigger as it burns. It is important to know what causes our anger flame to grow so we can prevent anger fires.

Only YOU can prevent anger fires!!!!

What causes your ANGER FLAME to grow?

