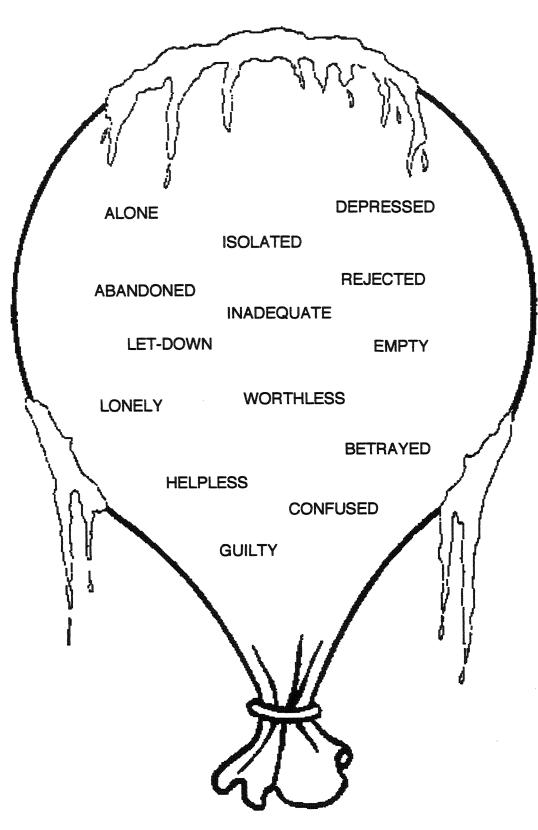
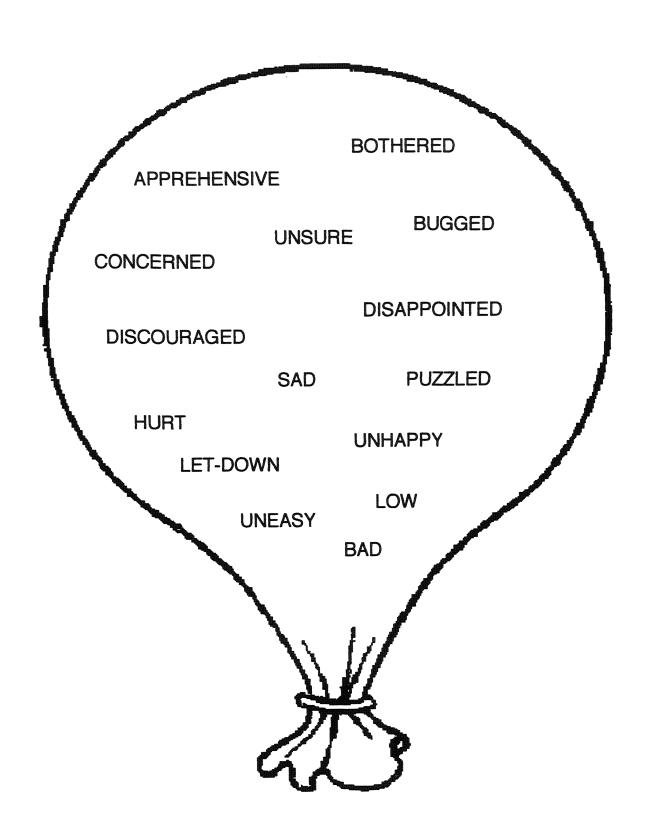


COLD ANGER



WARM ANGER



Unit I: Teenage Transitions	Topic B: Controlli	ng Emotions	Student Activity Guide: 3-4
Name		Period	Date

MY ANGER BALLOON

Directions: Pretend this is your own personal anger balloon. Fill it with things that cause you to feel angry when your "ouch" line is stepped on.

