

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

Date: \_\_\_\_\_

# Anger

K H Z V C P U P S E T Z X T H B G  
M A N G R Y W H L T F B G C R O D  
B T E M Z L P F A O F Q L U Y P U  
P F J A I S G N I M A E R C S B Y  
F G W D F Z F B A Q S Q S X E M V  
I Y L S R E H T O P L E H W E Q C  
G H S T W A L K A W A Y R H A Q R  
H Q A R B V E C A F D E R I R H E  
T V P K U R B G P E W T G T V O L  
C L E N C H E D F I S T S T D W D  
Y L Z Z Q W A T C H T V P I K V X  
B S E C I O H C T S E B E N P M E  
F L G J S C Q X X I F T X G J E Q  
T N K D E E P B R E A T H I N G I  
F Z G J N R U D E O W E F G U S B  
X D E Q U Y X R N N H F N S M X R  
D X W V D T A L K I T O U T A B G

deep breathing  
help others  
screaming  
hitting  
angry

clenched fists  
talk it out  
watch tv  
fight  
rude

best choices  
walk away  
red face  
upset  
mad