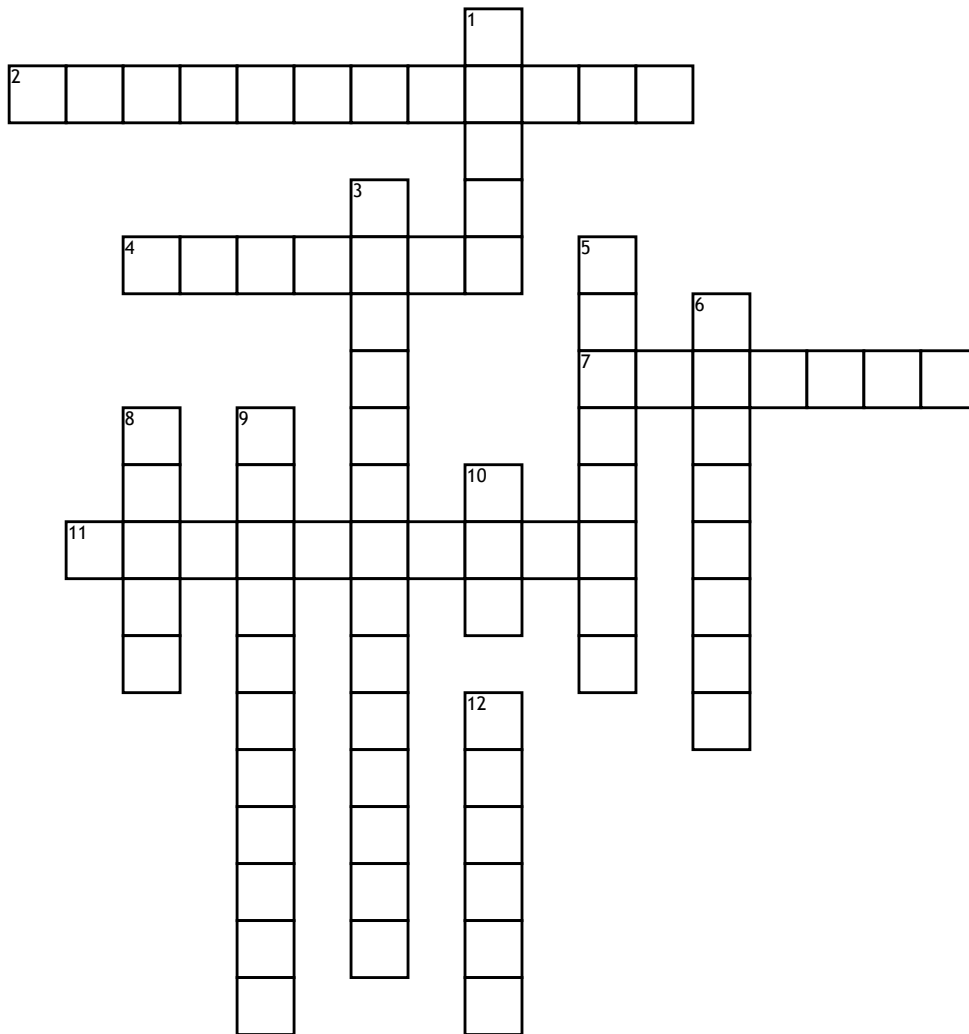


# Anger Management



## Across

2. Anger rules should center around behaving \_\_\_\_\_ toward others
4. Anger or aggression can stem from \_\_\_\_\_
7. Anger is an \_\_\_\_\_
11. Examples of anger include physical \_\_\_\_\_, name-calling, and throwing.

## Down

1. Written or verbal household \_\_\_\_\_ outline parent's expectations in the home
3. Take \_\_\_\_\_ for your behavior when you lose control or get angry
5. Talking about \_\_\_\_\_ often and over time can help to recognize feelings better

6. The best way to teach how to deal with anger is by adults \_\_\_\_\_ emotions
8. \_\_\_\_\_ is normal, healthy emotion
9. \_\_\_\_\_ your feelings is a way to manage your anger
10. "It's ok to feel angry but it's not ok to \_\_\_\_\_"
12. To cope with anger, I can \_\_\_\_\_

## Word Bank

Emotion

feelings

aggression

modeling

Anger

Breath

sadness

Rules

Respectfully

Responsibility

hit

Verbalizing