

Name: _____

Cool Off!

Try to beat anger before it beats you.

Directions: In the chart below, make a list of the things that make you angry. Then give the reason each thing makes you angry. Finally, write an idea for something you can do instead of losing your cool the next time you are in the situation. Check the story “Tame Your Temper” on page 24 for ideas about how you can react instead of getting too angry.

What makes me angry	Why I get angry	How I can stay cool

What other ideas do you have for taming your temper? Write at least two suggestions here.
