

Dear Anger Patrol Instructions: *These letters can be responded to independently or in groups. The idea is to have students develop appropriate and positive responses. They can be cut out and laminated for repeated use.*

Dear Anger Patrol,

My sister keeps wanting to follow me around and do everything I want to do. I can't even just hang with my friends. I keep getting angry at her and I have had enough!

Please advise,

Fed up sister

Dear Anger Patrol,

A kid in my class constantly gives me the stink eye, he's even tried to shove things off my desk. I've told him to stop but he's still doing it and I'm mad.

Please advise,

Fed up kid

Dear Anger Patrol,

Every night when we are watching TV, my brother grabs the remoted control and changes the channel. Nobody does anything about it and I'm getting really mad.

Please advise,

Fed up brother

Dear Anger Patrol,

There's a kid near me who constantly calls me names and says I'm gay. The last time, I lost my cool on him and he is still doing it!

Please advise,

Fed up kid

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*Dear Anger Patrol,
It seems that I am that person who is always being criticized. Can you help me with a plan to cope with criticism?*

*Please advise,
Sick of criticism*

*Dear Anger Patrol,
I keep getting blamed for things I didn't do in my class. I think my teacher has it in for me and I'm frustrated. What can I do?*

*Please advise
Annoyed kid*

*Dear Anger Patrol,
I disagreed with my friends over a week ago and lost my cool, now they don't even speak with me. I miss my friends and want to work this out.*

*Please advise,
Unsure*

*Dear Anger Patrol,
At recess when two of my friends hang out, they refuse to include me, when it's just one of them, I'm included. I got pretty mad at them and it's gotten worse.*

*Please advise,
Excluded*

Dear Anger Patrol, _____

Please advise,

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Please advise,

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