

Name: _____

Anger? Calm? or Both?

For the following list, decide which column each word(s) needs to be in:

relaxed

losing control

stomping

counting in your head

gritting teeth

clenching fists

thinking on it

screaming

pacing

walking away

talking it out

ready to explode

wringing hands

being destructive

withdrawn

thinking revenge

ANGER

BOTH

CALM