

Name: _____

Keep Calm and Carry On



1 List 2 things that have happened to you that made you angry.

2 Complete the following to show how you can deal with the anger:

It's not really a big deal because: _____	I will stay calm by just doing: _____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

If I just walk away, I'll feel _____

I can talk it out with _____
