


Activity 2: 'Controlling My Anger' Activity

Event	Impulsive Reaction	Better Response
		
<p>A classmate ridicules me.</p>	<p>Insult him / her.</p>	<p>Ignore him / her – do not let him / her get under your skin.</p>
<p>A classmate took my pen.</p>		
<p>A bully grabbed my lunch.</p>		
<p>A fight broke out next to my desk.</p>		