

# The Anger Game



**Red** - Say one thing that makes you **ANGRY**.



**Blue** - Say one thing that you can do to **COOL OFF** when you are angry.



**Orange** - Describe a time you made **POOR CHOICE** when you were mad.



**Green** - Describe a time you made a **GOOD CHOICE** when you were mad.



**Yellow** - Show us your **ANGRY FACE!**



**Brown** - Show us how you **BREATHE** when you are angry.

