

Lilly's Purple Plastic Purse

In the book, Lilly was frustrated with her teacher when he would not let her show her new purse, glasses and quarters. She lost her temper when he took up her things. Write about something that makes you angry. It might be something that is happening now or has happened in the past.

In class we talked about things you can do to help yourself stay in control when you are angry. Look at the list below and number them in the order you would use to help you stay in control in the situation you wrote about above.

Remember, you can control your anger or it will control you, and you may not be happy with the results when it controls you!

- ___ Give yourself a time out.
- ___ Use an "I message" to tell the person how you feel.
- ___ Talk to an adult about the situation.
- ___ Release your energy through a physical activity.
- ___ Use deep breathing.
- ___ Do a mad dance or sing a mad song.
- ___ Play with play dough or clay.



NAME: _____