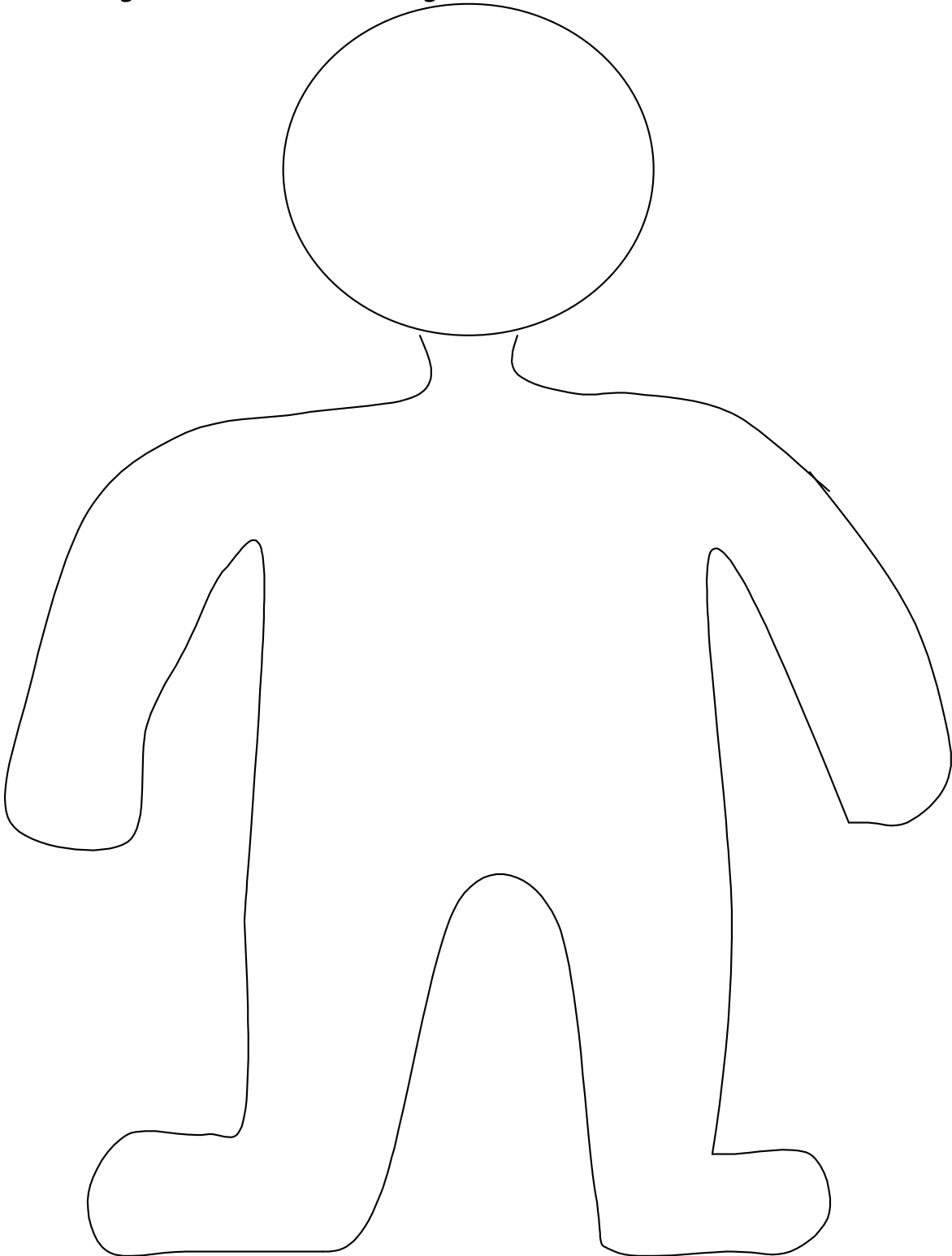


## Anger Clues

Sometimes when we are angry, we don't even realize it. However, our bodies change when we are feeling angry. These changes in your body can act like clues to let us know how we are feeling. Please draw in your anger clues on the picture below. Use arrows to label what each change is. You might have to think hard, some of our anger clues are hard to figure out!



1) When I am angry, but body lets me know by... \_\_\_\_\_

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2) Some things that almost always make me really mad are: \_\_\_\_\_

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3) Some things that often annoy me or make me a little upset are: \_\_\_\_\_

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4) The last time I got angry, this is what happened: \_\_\_\_\_

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