



Anger

1

Look at the picture on pages 16 to 17 of the EMOTIONARY and answer the questions.

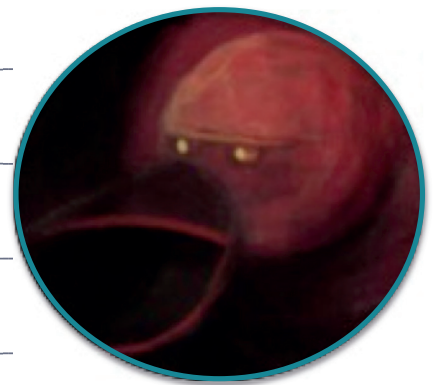
- How do you think the bird feels?

- What do you think has happened to make it feel like that?

- What do you think it can do to make itself feel better?

2

Look carefully at the bird in the illustration on pages 16 to 17 of the EMOTIONARY and describe the expression on its face.



3

Tick the words which mean the same as **anger**.

☐ rage☐ patience☐ wisdom☐ passion☐ fury☐ wrath☐ respect☐ ire

4

Read the text on page 16 of the EMOTIONARY y and write **T (true)** or **F (false)**, next to the sentences.

☐ Before you get angry, you might start feeling irritated.☐ Anger is useful in a civilised society.☐ When anger takes control, we react like animals.☐ Anger comes upon us little by little; you can feel it coming.☐ You are likely to feel angry when you feel bad about something.

● Now correct the false sentences.

5

In the text it says that anger can make us react like animals and that these reactions can get us into trouble. What is a **reaction**? Tick the correct answer.

☐ It is an action which is carried out in response to another action.☐ It is an action which keeps being repeated.☐ It is an involuntary action.

6

In the text on page 16 of the EMOTIONARY, it says that we sometimes feel anger when our **wellbeing is under threat**. What does this mean? Underline the words which mean the same.

- wellbeing → wealth welfare luxury
● under threat → safe important in danger

7

Write **F (fair)** or **U (unfair)** next to the sentences.

- ☐ You are grounded for something your sister did.
- ☐ You aren't allowed to play out because you haven't finished your homework.
- ☐ At your school, children with red hair have a longer playtime.
- ☐ Only the children that pass their exams can move up to the following year.
- ☐ You aren't allowed to play because you have been naughty.
- ☐ You aren't allowed to play even though you have done everything you have been told to do.

8

Put the letters in the correct order to complete the sentence. Then write out the sentence again.

Anger comes and goes quickly. This means that it is T I L F E E N G.

9 Read the text and answer the questions.

Jess and Will are brother and sister. They both love chips. One day they were in the kitchen setting the table. Jess noticed a bowl of freshly made chips and took a few without telling her parents.

Later, when the family was eating, Jess's dad served the chips and gave the same amount to both children. Will thought that it wasn't very fair but he didn't say anything.

- What does Will think is unfair? Why?

- Why do you think that Will doesn't say anything? Do you agree with his reaction?

- What would you do if it happened to you?

10 Underline the name of the person (or people) in each situation who gets **angry**. Then suggest another possible reaction for each situation.

- Sarah is sitting on a bench. Nick skates past and accidentally bumps into her. Sarah punches him and Nick falls over.

- Sarah is sitting on a bench. She won't make room for Nick. Nick pushes her. Sarah tells him to go away. Nick shouts 'I hate you!'.

- Sarah pulls Nick's hair because he has played a trick on her. Nick shouts at her to stop and grabs her backpack.

11 Write down five things that you can do to control your **anger**.



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NOTES

[illegible]

The EMOTIONARY worksheets belong to the *Say What You Feel* series. For more information on the series, further worksheets and other supplementary materials, please go to www.emotionary.eu