

BOOM BOOM ANGER

1. Everyone is agitated by the same things T/F
2. Which of The Following People Can You Ask For Help When You are Angry?
 - A. Parent/Teacher
 - B. A Stranger
 - C. Someone Else Whose Angry
 - D. None of the above
3. Tell me about your favorite way to calm yourself when you are angry?

BOOM BOOM ANGER

1. I can be irritated and not know why T/F
2. Physical ways to calm down are
 - A. Running my hands/wrist under cold water
 - B. Eating something sour
 - C. sitting still thinking about what made me angry
 - D. Both A & B
3. Tell me about a time you used one or more of your senses to calm down?

BOOM BOOM ANGER

1. Others are always helpful when I am mad T/F
2. Things others can do that are helpful when I am angry are;
 - A. Stay Calm & Listen
 - B. Yell Back At Me
 - C. Breathe With Me
 - D. Both A & C
3. Tell me about a time you were angry and someone did something that wasn't helpful?

BOOM BOOM ANGER

1. I am always helpful to my family or friends when they are angry T/F
2. Something I can do to help someone else who is angry.
 - A. Speak Calmly
 - B. Yell With Them
 - C. Offer to box so they can get it out
 - D. None of the above
3. Tell me about a time you were angry and someone did something that wasn't helpful?

BOOM BOOM ANGER

1. It's ok to be angry when someone is mean to you or others? T/F
2. When someone is mean to me or others I can
 - A. Tell a Safe Adult
 - B. Use and I Statement
 - C. Both A & B
 - D. Punch Them In the Face
3. When have you needed to keep yourself or others safe? What did you do?

BOOM BOOM ANGER

1. Its ok to lash out when I'm agitated T/F
2. A Kind way I can let others know I am angry is
 - A. Using and I Statement
 - B. Refusing to talk
 - C. Screaming
 - D. Grumbling under my breath
3. How have you shown kindness when you were aggitated?

BOOM BOOM ANGER

1. I can respond calmly when angry T/F
2. The following is a way to calm my breathing when I am angry
 - A. Al other answers are correct
 - B. Dragon Breaths
 - C. Cookie Breaths
 - D. 4-7-8
3. What breathing technique have you used? Was it helpful?

BOOM BOOM ANGER

1. I can do anything I feel like when I am angry and it's ok? T/F
2. The following are calming skills
 - A. 5,4,3,2,1
 - B. Roller Coaster Breaths
 - C. Throwing books
 - D. Both A & B
3. What is something you've wanted to do when you were angry but stopped yourself from doing?

BOOM BOOM ANGER

1. Being angry is wrong no matter how I act? T/F
2. Positive things I can do when I feel angry are;
 - A. Read a Book
 - B. Watch a Funny Video
 - C. Go for a Run
 - D. All of the Above
3. Have you ever used distraction or physical activity when you were angry? What happened?

BOOM BOOM ANGER

1. Agitated is another word for angry? T/F
2. I might get agitated if ?
 - A. My sister gave me the flavor of sucker she knew I hated
 - B. We got take out for dinner
 - C. I got to spend time with a friend
 - D. I got to play my favorite game
3. Tell me something that agitated you this week?

BOOM BOOM ANGER

1. Rage is another word for anger? T/F
2. If I am feeling rage my body might
 - A. Feel Hot
 - B. Have tense muscles
 - C. A,B & D
 - D. Not be able to sit still
3. Tell me about a time you felt rage? What did you feel in your body?

BOOM BOOM ANGER

1. I can be happy and angry at the same time T/F
2. Which of the following people get angry?
 - A. Coaches
 - B. Grandparents
 - C. firefighters
 - D. All of the Above
3. Tell me about a time you saw someone who was angry and happy at the same time.

BOOM BOOM ANGER

1. Everyone gets angry/frustrated sometimes T/F
2. Which of the following people get angry?
 - A. Parents
 - B. Teachers
 - C. Counselors
 - D. All of the Above
3. Tell me about a time you saw an adult get angry and use skills to help? What happened?

BOOM BOOM ANGER

1. It's ok to hit pillows when I am angry T/F
2. Which is an appropriate way to cope with anger?
 - A. Yell at my siblings
 - B. Throw a rock
 - C. Do jumping jacks
 - D. Rip up the book mom was reading
3. Tell me about a time you got Frustrated in store? What did you do?

BOOM BOOM ANGER

1. Hitting people is a skill it is ok to use when I'm angry T/F
2. Which is an appropriate way to cope with anger?
 - A. Yell at my parent(s)
 - B. hit myself in the head
 - C. walk off/out of the house/building
 - D. Ask to take a break
3. Tell me about a time you got mad at home? What made you mad? What did you do?

BOOM BOOM ANGER

1. Counting to 10 is useful skill to use when I'm angry T/F
2. Which is not an appropriate way to cope with anger?
 - A. Talk Harshly to my family
 - B. Break my Brother/Sister's toys
 - C. Hide and not tell anyone where I am
 - D. All of the above
3. Tell me about a time you got mad at school? What made you mad? What did you do?

BOOM BOOM ANGER

1. Coping skills are good strategies I can use when I get angry? T/F
2. I might be irritated if
 - A. my pencil led breaks during a test
 - B. I get my favorite snack
 - C. Its sunny out
 - D. I get to wear my favorite shirt
3. How is being irritated the same as being angry? How is it different?

BOOM BOOM ANGER

1. It is a good idea to make decisions when I am still upset? T/F
2. Another word that describes anger is?
 - A. Joyful
 - B. Livid
 - C. Sad
 - D. Disgust
3. Tell me about one thing that makes you angry and why?

BOOM BOOM ANGER

1. Frustrated is another word for angry? T/F
2. When I am angry a coping skill I can use is:
 - A. Take slow deep breaths
 - B. Hitting People
 - C. Screaming
 - D. Throwing things
3. Tell me about a time you got angry and took deep breaths, what happened? Or what could happen if you tried it next time?

BOOM BOOM ANGER

1. It is ok to be angry? T/F
2. When I am angry a coping skill I can use is:
 - A. Breathing
 - B. Exercising
 - C. Listening to music
 - D. All of these are acceptable.
3. Tell me about a time you got angry and used good coping skills? What was the result?