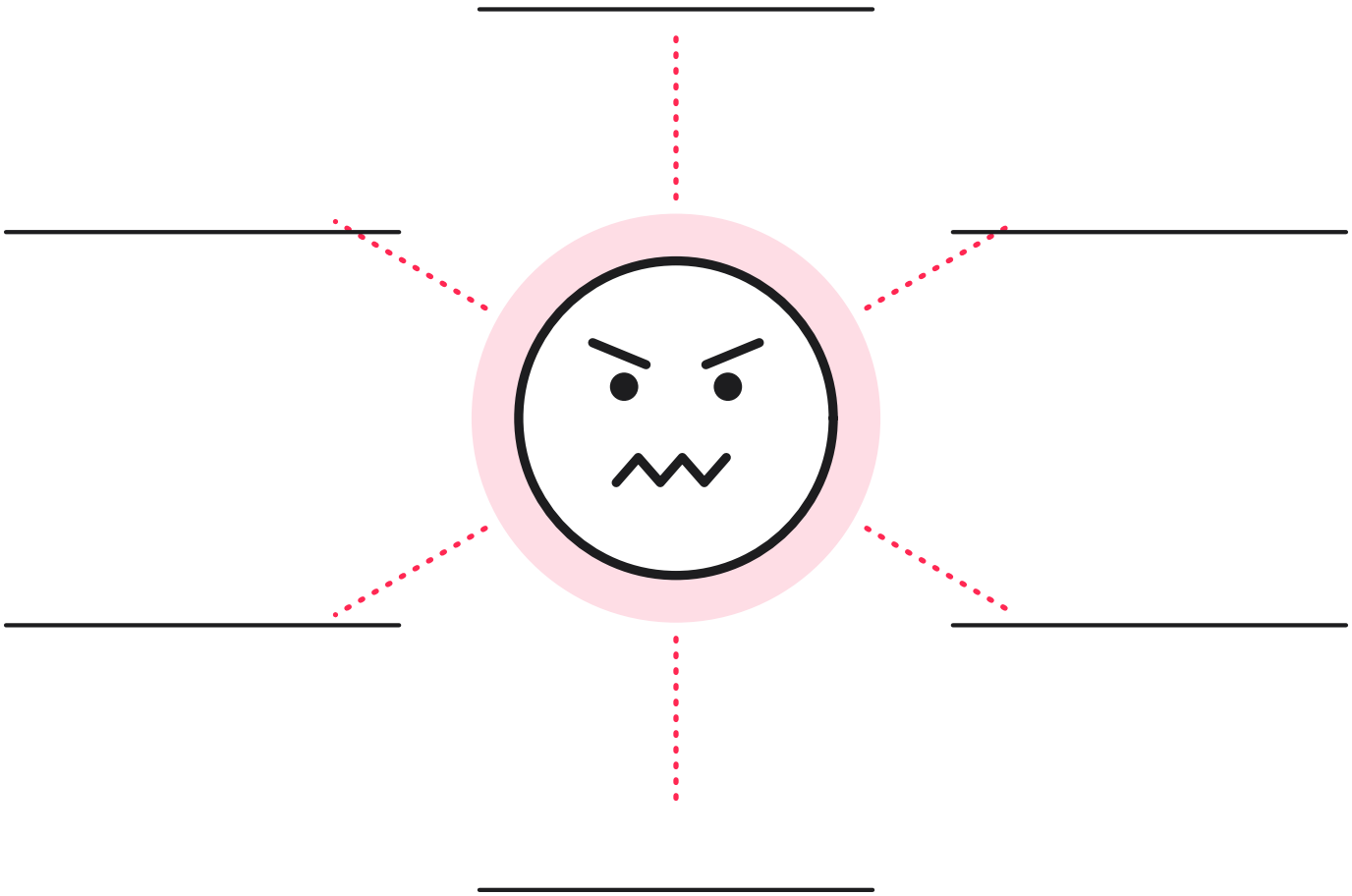
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10-minute activity

Anger Triggers

What makes you feel angry?

Name _____ Date _____



Anything else?

FOR THE GROWN-UP

Write or draw one thing on each line. There are no wrong answers.
Then ask: "Is there anything else?" Keep this sheet for Stinking Thinking.

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