Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_\_\_\_\_\_\_

HOW TO HANDLE A BAD TEMPER: 9 TIPS.

Watch the YouTube video and as the presenter is speaking, complete the 9 sections that will HELP YOU become more self-controlled with your emotions. **The BOLD PRINT will tell you what to do for each statement.**

1. What makes you mad**? List the top 3 things that anger you.**
2. Identify the feelings. **What emotions easily become OUT OF CONTROL for you?**
3. Practice Relaxation**. What do you like to do to relax, list 3 or more activities.**
4. Think before you speak**. Why do you think it is better to keep your mouth quiet in an angering situation?**
5. Get exercise**. What type of physical activity would you enjoy? List as many as you can.**
6. Talk about your issues as they occur. **Who are 5 people you would talk to in your most distraught time of the day?**
7. Use humor. **What might you find “funny” about the situation you are in when your emotions (anger) gets out of control?**
8. Time out. **Where can you go to cool off? List at least 3 places at school and 3 places at home.**
9. Know when you need help. **What would be some WARNING signs that you need professional help with your emotions/anger? List 5 or more.**