

What I Should Have Done Anger Worksheet for Kids

Your Full Name: _____

Date Submitted: _____



Think about a time when you were so angry. Talk about this memory based on the following questions, and be as detailed as you possibly can:



1. Think about an incident that made you act out in anger. What made you feel angry in the first place?

2. What did you do when you felt angry?

3. What happened when you did what you did? What did you feel about what happened?

4. Looking back, could you have handled this better? If so, what could you have done instead?

5. If you handled it better, what would have happened instead?