m & m
ANGER GAME

For every m
say one thing that makes you angry.

For every m
say one thing you can do to cool off when you are angry.

For every m
say one way you can show self-control in school.

For every m
describe a time when it was hard for you to show self-control

For every m
describe a not-so-good choice you made when you were angry that made the situation worse.

For every m
describe a good choice you made when you were angry that helped.