



Anger

1 Look at the picture on pages 16 to 17 of the EMOTIONARY and answer the questions.

- How do you think the bird feels?

It seems to be very angry.

- What do you think has happened to make it feel like that?

Maybe someone has upset it or its family, or maybe its nest has been destroyed.

- What do you think it can do to make itself feel better?

Sample answer: It should try to calm down.

2 Look carefully at the bird on pages 16 to 17 of the EMOTIONARY, and describe the expression on its face.

Its eyes are shining very brightly, which makes it look angry. Its beak is open wide, as if it is shouting or screaming.



3 Tick the words that mean the same as **anger**.

- | | | | |
|-------------------------------|-----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> rage | <input type="checkbox"/> patience | <input type="checkbox"/> wisdom | <input type="checkbox"/> passion |
| <input type="checkbox"/> fury | <input type="checkbox"/> wrath | <input type="checkbox"/> respect | <input type="checkbox"/> ire |

4 Read the text on page 16 of the EMOTIONARY and write **T (true)** or **F (false)** next to the sentences.

- T** Before you get angry, you might feel irritated.
- F** Anger is useful in a civilised society.
- T** When anger takes control, we react like animals.
- F** Anger comes upon us little by little; you can feel it coming.
- T** You are likely to feel angry when you feel bad about something.

● Now correct the false sentences.

Anger is not useful in a civilised society.

Anger appears suddenly, almost without you noticing.

5 In the text it says that anger can make us react like animals and that these reactions can get us into trouble. What is a **reaction**? Tick the correct answer.

- It is an action that is carried out in response to another action.
- It is an action which keeps being repeated.
- It is an involuntary action.

6 In the text on page 16 of the EMOTIONARY, it says that we sometimes feel anger when our **wellbeing is under threat**. What does this mean? Underline the words which mean the same.

● wellbeing → wealth welfare luxury

● under threat → safe important in danger

7 Write **F (fair)** or **U (unfair)** next to the sentences.

U You are grounded for something your sister did.

F You aren't allowed to play outside because you haven't finished your homework.

U At your school, children with red hair have a longer playtime.

U Only children who pass their exams can move up to the following year.

F You aren't allowed to play because you have been naughty.

U You aren't allowed to play, even though you have done everything you have been told to do.

8 Put the letters in the correct order to complete the sentence. Then write the sentence out again.

Anger comes and goes quickly. This means that it is T I L F E E N G.

Anger comes and goes quickly.

This means that it is fleeting.

9 Read the text and answer the questions.

Jess and Will are brother and sister. They both love chips. One day they were in the kitchen, setting the table. Jess noticed a bowl of freshly made chips and took a few without telling her parents.

Later, when the family was eating, Jess's dad served the chips and gave the same amount to both children. Will thought that it wasn't very fair, but he didn't say anything.

- What does Will think is unfair? Why?

Will thinks it's unfair that Jess gets as many chips as he does when she has already eaten some in the kitchen.

- Why do you think that Will doesn't say anything? Do you agree with his reaction?

Maybe he doesn't want to get his sister into trouble.

Open answer

- What would you do if this happened to you?

Open answer

10

Underline the name of the person (or people) in each situation who gets **angry**. Then suggest another possible reaction for each situation.

- Sarah is sitting on a bench. Nick skates past and accidentally bumps into her. Sarah punches him and Nick falls over.

Sarah tries to grab hold of Nick so that he doesn't fall over.

- Sarah is sitting on a bench. She won't make room for Nick. Nick pushes her. Sarah tells him to go away. Nick shouts 'I hate you!'.

Nick asks Sarah nicely to make room for him. If she won't, he moves away.

- Sarah pulls Nick's hair because he has played a trick on her. Nick shouts at her to stop and grabs her backpack.

Nick tells Sarah not to pull his hair, because it hurts.

11

Write down five things you could do to control your **anger**.

Sample answer:

1. Breathe slowly and count to ten.
2. Try to think of something nice related to the thing or person that is making you angry.
3. Hit something soft, like a cushion.
4. Sing or hum.
5. Close your eyes and talk softly to yourself.



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NOTES

The EMOTIONARY worksheets belong to the *Say What You Feel* series. For more information on the series, further worksheets and other supplementary materials, please go to www.palabrasaladas.com/f/emo_eng.html