



## Working Through Anger Young Adult Handout

**SOCIAL SKILLS OBJECTIVE:** Students will work through and identify where they have been angry, and learn appropriate ways to handle such.

**DISCUSSION CARDS:** Weathering the Storm

**FOLLOW UP:**

**Important things to remember regarding anger:**

- Take the extra split second to think.
- Trust your knowledge of right and wrong.
- Remember how much you're loved.
- Anger is made worse by feelings of isolation.
- Remember the people who have faith in you.
- Talk to someone you trust.
- Remember what kind of adult you want to be.
- Take every opportunity to be patient.
- Focus on your strengths rather than your weaknesses.