

## Activity 4

# You Have Anger Buttons

### *For You to Know*

When you know your anger buttons—the things that set off your anger—you can learn to avoid them or cope with them better. You don't have to let people or situations "press" those buttons.

No one is angry all the time. There are usually certain situations or people that make us angry, and we can ignore most other things, even things we don't like. Everyone is different in what bothers them, but kids who have problems with their anger are usually more aware and more sensitive to certain things than other kids.

When there is something that makes us angry all the time, we call this an "anger button." It is like you have a little on/off button in your head, and when someone does one particular thing, that button turns your anger right on.


What kinds of things turn on your anger buttons? Check off all the things that almost always make you angry.

- |   |   |
|---|---|
| <input type="checkbox"/> Being teased                     | <input type="checkbox"/> Certain schoolwork                         |
| <input type="checkbox"/> Someone telling you what to do   | <input type="checkbox"/> Certain chores                             |
| <input type="checkbox"/> Certain noises                   | <input type="checkbox"/> Your brother or sister                     |
| <input type="checkbox"/> Being looked at in a certain way | <input type="checkbox"/> A certain girl                             |
| <input type="checkbox"/> Not getting what you want        | <input type="checkbox"/> A certain boy                              |
| <input type="checkbox"/> Unfair rules                     | <input type="checkbox"/> Something that regularly happens in school |

List other things that always turn on your anger buttons:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

To the left of the face below are five anger buttons. Below each button, write one thing that always turns your anger on. Below each button to the right of the face, write one thing that will turn that button off.

●		●
_____		_____
●		●
_____		_____
●		●
_____		_____
●		●
_____		_____
●		●
_____		_____
●		●
_____		_____

*... And More to Do*

Which anger buttons can you turn off by simply avoiding a situation?

---

---

Which anger buttons represent problems that you have to solve? Which problem will you solve first?

---

---

Does it help to talk about the things that make you angry? Who can you talk to?

---

---

Suppose that you had calm-down buttons instead of anger buttons. List five things that would instantly make you calm down.

---

---

---

---

---

## *You Need to Know*

Stress means that there is pressure on you that makes you unhappy. When you are under a lot of stress, it will be harder to control your anger. When you learn to reduce the stress in your life, you will feel better about yourself and others.

Too much homework can be a stress. Too many things to do in a day can cause you stress. Trying out for the baseball team can be a stress. You probably already know that these things can be stressful because they cause you to feel upset or worried or unhappy.

Even some things that people enjoy may be stressful, but it is often harder to recognize that kind of stress. For example:

- Some kids like loud music, but loud music causes stress to your body.
- Lots of kids like to watch TV and play video games, but too much of these activities causes stress to your body.
- Most kids like junk food and sweets, but food with a lot of fat and sugar causes your body stress.
- It's fun to stay up late, but when you don't get enough sleep, your body will be stressed.

When your body feels stress, lots of things can go wrong. Your blood pressure and heart rate can go up, you can get headaches or stomachaches, and you can be more irritable and unhappy. Too much stress can also make you angry. When you reduce the stress in your life, it will be easier for you to control your anger.

Many people go through their lives with lots of stress, and they don't realize that it is making them unhappy and unhealthy. You certainly can't eliminate all the stress from your life, and there are some kinds of stress that you just have to learn to live with. But even reducing stress just a little will help you feel better.



*... And More to Do*

Having a healthy lifestyle will reduce your stress. Write down at least three things you can do to have a healthier lifestyle.

---

---

---

What is one stress in your life that you can't change? Are you sure you can't change it? Can you do anything to reduce this stress even a little?

---

---

What are some jobs that come with a lot of stress? What happens to people who have these jobs?

---

---

Who do you know that can help you reduce the stress in your life? Tell what you can say to ask this person for help.

---

---

---