Name	Date
Nutrition & Wellness for Life © 2012 Chapter 17: Anger Management—Internet	Activity
Feeling angry is normal, but letting anger get out of to harmful reactions and regrets. How do you handle rather than you being in charge of them?	
Learn about anger and how to manage angry feelings the questions that follow.	s by accessing the Web site below. Then answer
http://www.kidshealth.org/teen/question/emotions/d	eal_with_anger.html
Activity Questions: 1. What can cause a teen to feel angry?	
2. What can a person gain from managing anger?	
3. Describe the five steps that can be used to manag	e anger effectively.

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4. The article names seven techniques that can help a person prevent anger. Describe at least three that you think would help you prevent anger, and explain why these ideas would be helpful to you.

5. Describe a person who should seek help in dealing with anger.