

Name _____

Max and the Mysterious Anger Alerts

Open-Ended Questions Answer Key

1. It's important to notice Anger Alerts because they help us understand that we're starting to feel angry. This gives us a chance to calm down before we say or do something we might regret.
2. When I feel angry, I take deep breaths and count to ten. It usually helps me feel calmer. If it doesn't work, I try talking to someone about what's bothering me.
3. One time, I got mad when my brother broke my toy. My Anger Alerts, like my clenched fists and tight chest, could have reminded me to take a deep breath and ask him nicely what happened instead of yelling.
4. I would tell my friend to pay attention to their Anger Alerts, take a deep breath, and think about something that makes them happy. Then, I'd suggest we talk about what's bothering them.

