

**TRUE OR FALSE**  
40 points

When you bottle up anger, over time it can eventually "explode" in harmful ways, including making you feel sick.





**Sketch it**  
20 points

Sketch 3 foods that can help you feel good on the inside and "control your fizz".

ACT IT OUT	TRUE OR FALSE	SKETCH IT	IMAGINE IF	RISK
10	10	10	10	10
20	20	20	20	20
30	30	30	30	30
40	40	40	40	40
50	50	50	50	50

As the research says, creative play really is the language of childhood. No matter the topic covered, I have found that as long as the lesson involves a bit of art, role-playing, games, and some freedom of movement, students are engaged. In this Quiz Show style game, players answer through acting, drawing, imagining, taking risks, and problem solving as a team.

I hope that your students enjoy this activity, having serious fun learning!

**Imagine if**  
20 points

Imagine if you could be magically transported to a peaceful and calm place the next time you felt angry or stressed out, where would you go?

**act it out**  
40 points

A friend of yours often has a Soda Pop Head. Act out giving them some tips on how they can deal with their anger "fizz."

**Risk**  
30 points

List the top 3 things that get you angry sometimes.  
(Everyone in the group must create their own list!)

# BONUS ACTIVITIES INCLUDED!

## 25 TASK CARDS

### ACT IT OUT TASK CARDS



### TRUE OR FALSE TASK CARDS



### SKETCH IT TASK CARDS



### IMAGINE IF TASK CARDS



### RISK TASK CARDS



## SKETCH IT & IMAGINE IF Worksheets

Imagine if someone called you a mean name at school and you got angry. What could you choose to do with that anger?

List the TOP 3 things that get you angry sometimes:

# 3

# 2

# 1

Imagine if Anger was your friend that could talk, what might Anger be telling you you need?

Anger

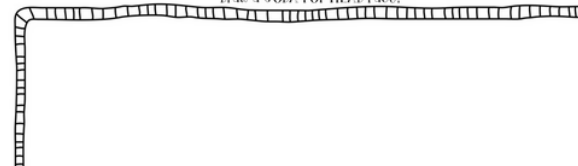
NAME \_\_\_\_\_

Imagine if you were feeling angry, where do you usually feel the anger in your body?



How do you usually know you are feeling angry? Does 'anger' have a temperature? What about size? Color? Shape?

Draw a SODA POP HEAD face!



Draw what you imagine anger looks like

Draw 3 foods that can help you feel good on the inside and 'control your fizz.'

Draw a quiet, calming place that you could go to and relax if you were feeling angry.

Imagine if you could be magically transported to a place the next time you felt angry or stressed out, where would you go and write about it below.

By: \_\_\_\_\_

NAME \_\_\_\_\_