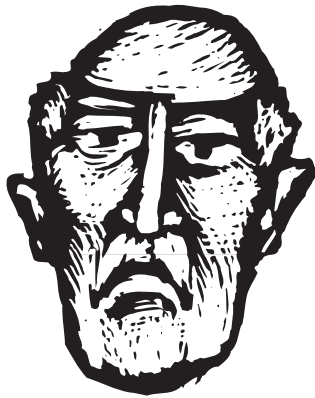


## Anger Reactions

The faces below show anger. Find the physical reactions from the list and match them to the faces. Draw a line from each item on the list to point at the facial expressions that illustrate that reaction.



tense facial expression  
tightness around mouth  
squinted eyes  
down turned mouth  
lined forehead  
glaring look  
yelling  
clenched hands  
grimacing mouth  
wrinkled nose  
teeth showing  
eyes popping  
stern  
aggressive



Describe a time that you were very angry:

What was the situation?

Who was involved?

When and where did this occur?

How did you physically react?

What happened to end your anger?

# Adrenaline



- Adrenaline causes a surge of energy when it is released in our body.
- When we are happy, it will create positive energy, such as talking fast, laughing, dancing and singing.
- When we are angry, it can cause negative energy such as yelling, screaming, violence, crying, saying things we regret.
- Adrenaline used to be a protection for humans. When in danger, our bodies would release adrenaline. This would give us the quick energy we needed to run fast.
- When adrenaline is released because of anger or fear, our thinking process is blocked. It may cause us to act impulsively. We may do or say things we will regret.
- We have time to prevent the surge of adrenaline energy before it happens. Science tells us that we have a small amount of time between an event and the release of adrenaline (20-30 seconds).
- This is our chance to keep our control and our personal power. One good way to do this is through deep breathing and relaxation.

