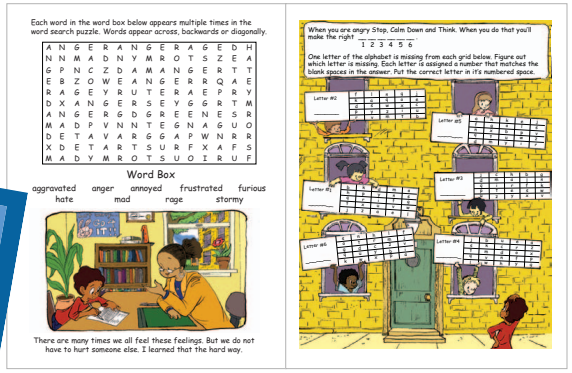
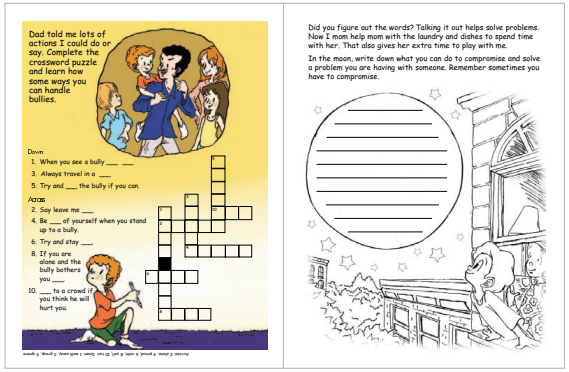
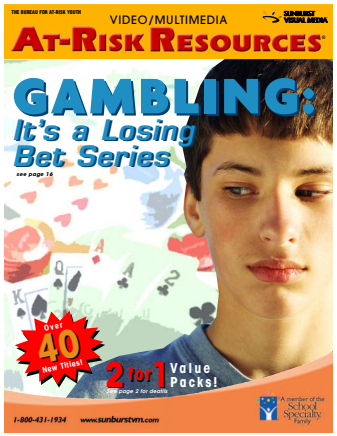
Sometimes I Get Angry
Coloring and Activity Book
Marcia Shoshana Nass
You Always Have A Choice: Solving Conflicts
Coloring and Activity Book
Marcia Shoshana Nass
You Can Stand Up To A Bully
Coloring and Activity Book
Marcia Shoshana Nass


Each word in the word box below appears multiple times in the word search puzzle. Words appear across, backwards or diagonally.
Word Box
aggravated anger annoyed frustrated furious
hate mad rage stormy
There are many times we all feel these feelings. But we do not have to hurt someone else. I learned that the hard way.
When you are angry Stop, Calm Down and Think. When you do that you'll make the right
One letter of the alphabet is missing from each grid below. Figure out which letter is missing. Each letter is assigned a number that matches the blank spaces in the answer. Put the correct letter in it's numbered space.


Dad told me lots of actions I could do or say. Complete the crossword puzzle and learn how some ways you can handle bullies.
Down
1. When you see a bully ___ ___
3. Always travel in a ___
5. Try and ___ the bully if you can.
Across
2. Say leave me ___
4. Be ___ of yourself when you stand up to a bully.
6. Try and stay ___
8. If you are alone and the bully bothers you ___
10. ___ to a crowd if you think he will hurt you.
Did you figure out the words? Talking it out helps solve problems. Now I mom help mom with the laundry and dishes to spend time with her. That also gives her extra time to play with me.
In the moon, write down what you can do to compromise and solve a problem you are having with someone. Remember sometimes you have to compromise.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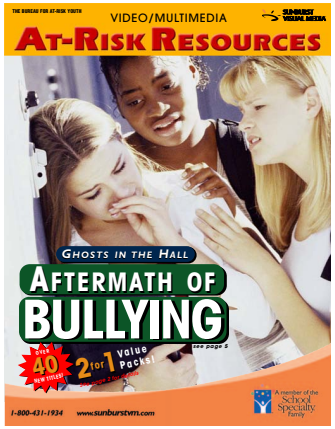
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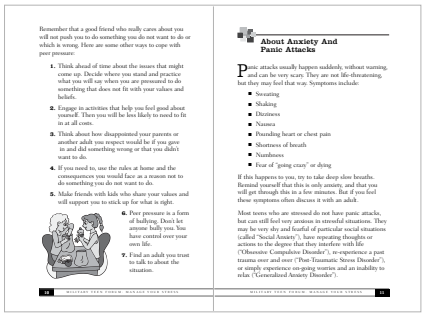
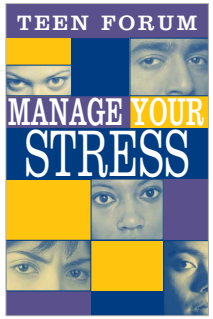
TEEN FORUM
PREVENTING VIOLENCE & CONFLICT

TEEN FORUM
PREVENTING ALCOHOL AND OTHER DRUGS


About Anxiety And Panic Attacks
Panic attacks usually happen suddenly, without warning, and can be very scary. They are not life-threatening, but they may feel that way. Symptoms include:
Sweating
Shaking
Dizziness
Nausea
Pounding heart or chest pain
Shortness of breath
Numbness
Fear of "going crazy" or dying
If this happens to you, try to take deep slow breaths. Remind yourself that this is only anxiety, and that you will get through this in a few minutes. But if you feel these symptoms often discuss it with an adult.
Most teens who are stressed do not have panic attacks, but can still feel very anxious in stressful situations. They may be very shy and fearful of particular social situations (called "Social Anxiety"), have repeating thoughts or actions to the degree that they interfere with life ("Obsessive Compulsive Disorder"), re-experience a past trauma over and over ("Post-Traumatic Stress Disorder"), or simply experience on-going worries and an inability to relax ("Generalized Anxiety Disorder").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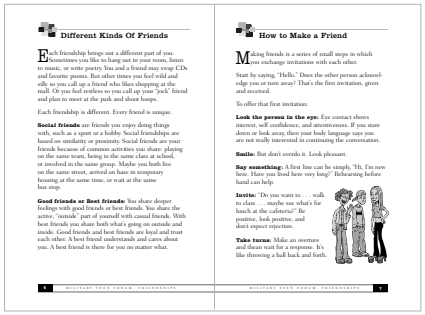
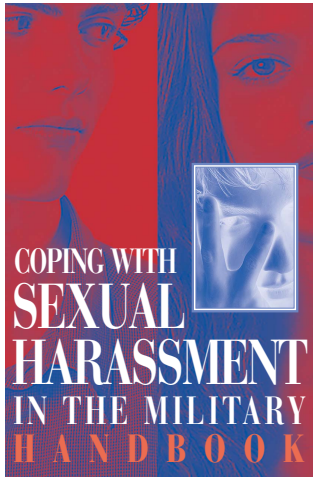
MANAGE YOUR STRESS

TEEN FORUM
PREVENTING BULLYING & HARASSMENT


Different Kinds Of Friends
How to Make a Friend


COPING WITH SEXUAL HARASSMENT IN THE MILITARY
HANDBOOK