

Name: _____

Temperature Rising

At the weekend football game, your defender pushed you in the back causing you to drop the ball, but the referee doesn't throw a penalty flag.

At half time, some of your teammates yell at you for dropping the ball. You tell them you were pushed, but they tell you that you're just being weak.

How do you feel, and what can you do to keep control of your emotions?

You have an English assignment due on Tuesday morning. You want to get it done during English class on Monday so you don't have to do it after school, but one of your friends keeps talking and distracting you.

You don't finish the assignment. After school, the same friend invites you to his place. You say you can't come because you have to finish the assignment. He starts calling you names and teasing you for being a nerd.

How do you feel, and what can you do to keep control of your emotions?

Your brother asks to borrow your cell phone to make a call. When he returns it, the phone has no minutes left.

You buy some more minutes, but the next day your brother asks to borrow the phone again. You tell him to be quick because last time he used all your minutes. He agrees, but when you get the phone back it only has a few minutes left.

How do you feel, and what can you do to keep control of your emotions?

In art class, you are finishing a painting that you have been working on for weeks. One of the students in your class accidentally spills white paint on it.

After class, you overhear the same student bragging to some friends about how he pretended to accidentally ruin your painting and that they should have seen how upset you were. They are all laughing.

How do you feel, and what can you do to keep control of your emotions?
