

*Anger Management Curriculum* Pre-Post Test Questions

1. **Anger is a bad feeling.**
  - a. True
  - b. False
  
2. **I am able to calm myself down when I feel angry.**
  - a. Yes, usually I can
  - b. Sometimes I can
  - c. No, usually I can't
  
3. **Which of these is a good idea for me try when I am angry?**
  - a. Think of a happy place
  - b. Talk to an adult
  - c. Play a sport
  - d. Hit a pillow
  - e. All of these are good ideas
  
4. **Which of the following is a good way to control anger?**
  - a. Throw something
  - b. Take deep breaths
  - c. Hit somebody
  - d. Yell at someone
  
5. **I believe learning how to control my anger is a good idea.**
  - a. Yes
  - b. No
  - c. I'm not sure
  
6. **Angry feelings can cause:**
  - a. My heart to beat faster
  - b. Me to breathe faster
  - c. My fists to tighten
  - d. All of the above
  
7. **Joe is feeling angry because he didn't get to go to recess. Which of the following is the best way for him to calm down?**
  - a. Hold the feelings inside
  - b. Yell at his teacher
  - c. Take a few deep breaths
  - d. Kick the desk
  
8. **List 2 safe things to do when you get angry:**
  - 1 \_\_\_\_\_
  - 2 \_\_\_\_\_