Pre/Post Assessment: Don’t Blow Your Top!

1. It’s ok for kids to feel angry.
   a. strongly agree   b. agree   c. disagree   d. strongly disagree

2. It’s wrong for grownups to be angry.
   a. strongly agree   b. agree   c. disagree   d. strongly disagree

3. Anger is a:
   a. feeling that means you are a bad person
   b. feeling only some kids have
   c. normal emotion
   d. negative emotion
   e. feeling that means you are a mean person

4. What can happen to our bodies when we are angry?
   a. crying
   b. sweaty hands
   c. racing heart
   d. breathing fast
   e. All of these can happen

5. Which of the following are appropriate ways to calm down?
   a. Taking three deep breaths
   b. Counting backwards
   c. Thinking of calm things
   d. Talking to myself
   e. All of these

6. Which of the following is NOT an Anger Buster?
   a. Listening to music
   b. Exercise
   c. Eating something
   d. Writing my thoughts
   e. Drawing