Shubert was so angry he wanted to rant and rave and break the rules down.

1. Have you ever been so angry that you wanted to rant and rave and break the rules down? \_\_\_\_\_\_\_\_\_\_\_\_\_

2. How did an adult help you when that happened?\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Did it help you calm down, take responsibility and make a healthy choice?\_\_\_\_\_\_\_\_

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