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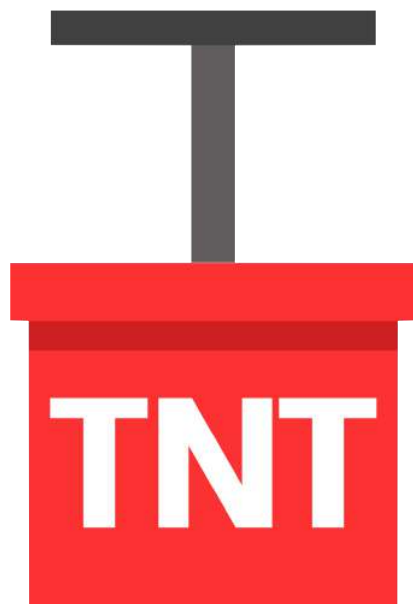
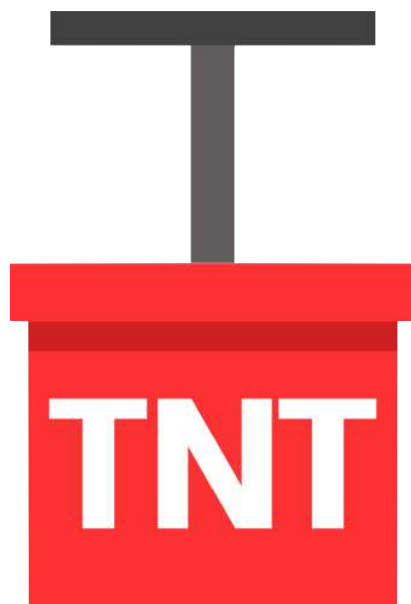
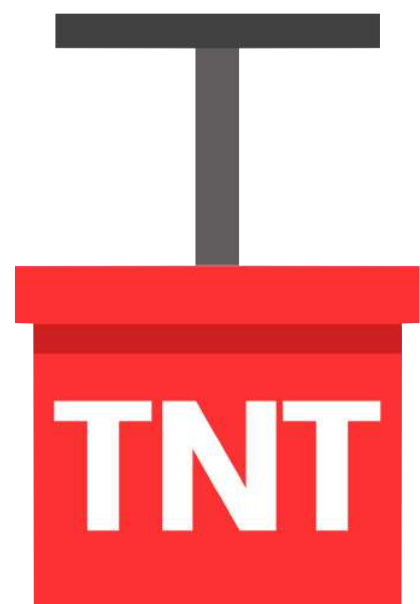
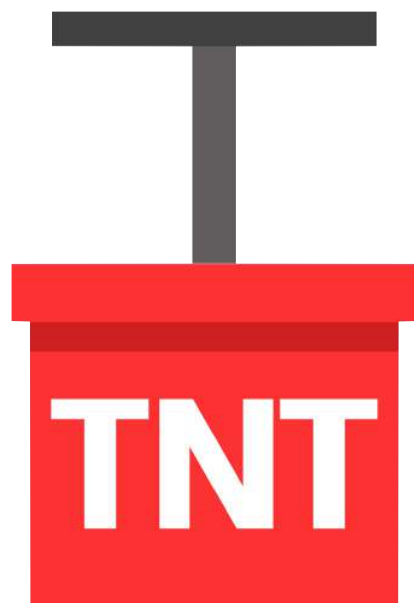
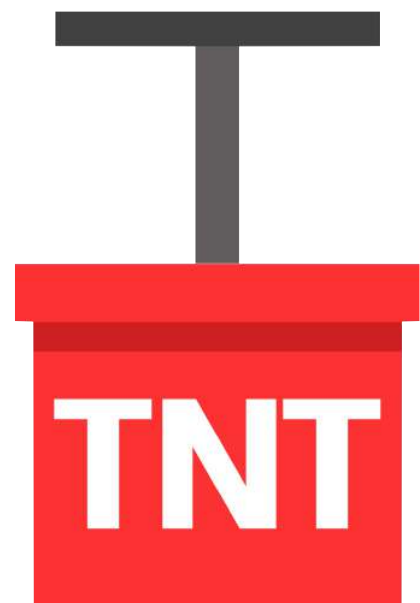
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***Luke's little brother is bothering him because he keeps asking for help with a video game while Luke is trying to get his homework done. Where do you think Luke's anger is measuring up to? (2)***

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***Somebody has stolen Cara's headphones from her backpack for the third time. Her heart is racing and her face is turning red. She feels like she is going to explode. Where do you think Cara's anger is on the tape measure? (5) What can she do to have self-control: pray and ask God for help or do some jumping jacks to get out some frustration? (She could do both)***

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***Lacy's sister wore her new shirt and got ketchup all over it. She is so mad she could cry. Where is Lacy's anger measuring up to? (4) If she thinks about getting back at her sister, what can she do instead to have self-control: go for a walk until she calms down or yell at her sister? (Go for a walk) She could go for a walk and talk to God while she's out. That will help her have self-control.***

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***Jay's brother is annoying him by calling him mean names, and it hurts Jay's feelings. Jay wants to call him mean names right back. Where is his anger measuring up to? (2) Jay's brother may stop if Jay does something really kind for him. What could Jay do for his brother? (One of his chores, give him something, etc.)***

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***Gabe's sister comes and turns his video game off while he's in the middle of playing. He is almost to a new level and when he turns it back on, he realizes all of his progress is lost. He can feel himself getting angrier by the second, and he's about to throw his controller at the wall. Where is Gabe's anger measuring up to? (5) How can Gabe have self-control before he blows up at his sister: by yelling into a pillow or by yelling at his brother? (Yelling into pillow)***

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***Kailey's mom keeps asking her to clean her room. Kailey isn't obeying her mom, so she gets grounded. She isn't allowed to play outside for the next three days after school. She is frustrated and wants to say mean things to her mom. Where is Kailey's anger measuring up to? (3) How can Kailey make it right: ask for her mom's forgiveness or pretend it never happened? (Ask for forgiveness)***

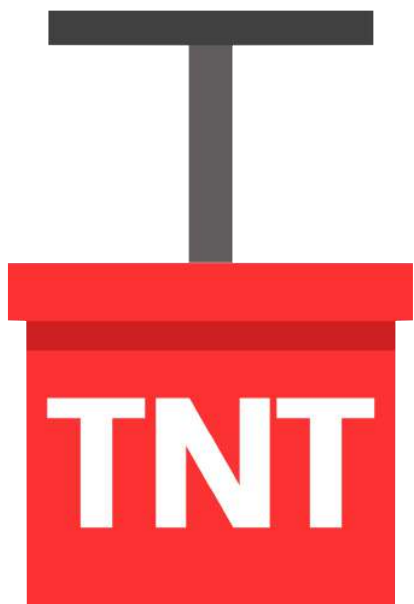
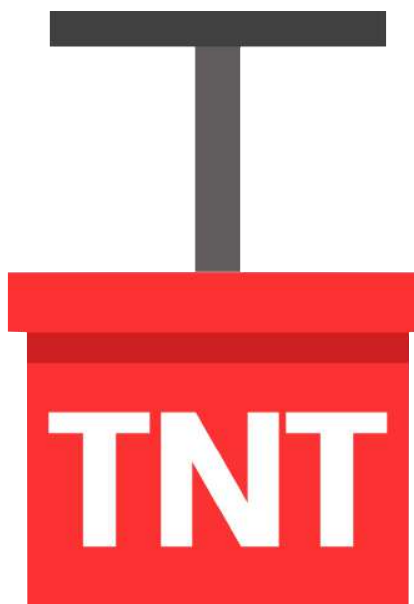
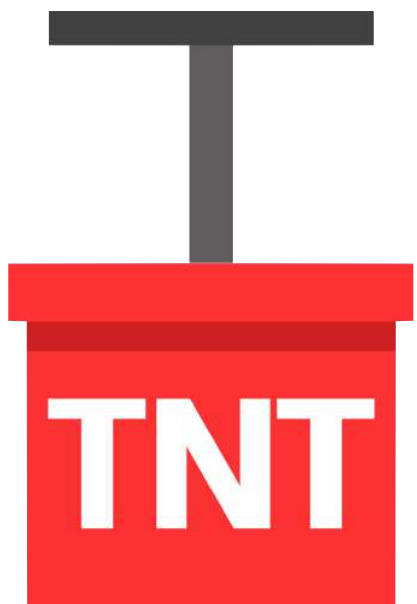
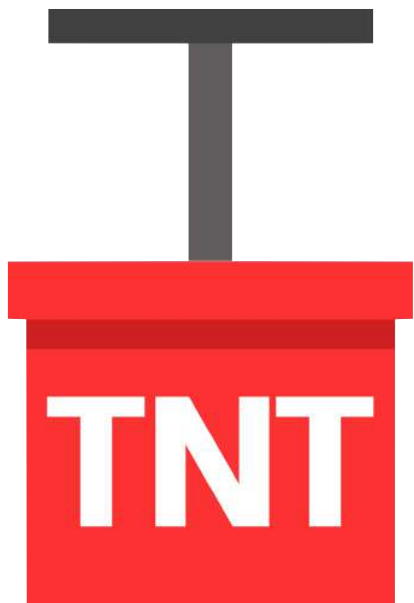
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***Jake's best friend got brand new soccer cleats, but he's frustrated because he still has to wear the same ones from last season. Where is Jake's anger measuring up to? (3) Jake is at the mall and sees a new pair of cleats and thinks about taking them. Who can help Jake have self-control and know the right thing to do? (God) Instead of being angry, what can Jake thank God for? (The cleats he has, that he gets to play soccer, etc.)***

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***Maddy is having a really great day today. She has gotten lots of compliments on her new dress, and she got to be the line leader. Where is Maddy's anger measuring up to? (1) Because Maddy is having a great day, and she's not feeling angry, Maddy can pray and thank God for allowing her to have a great day! What are some things Maddy can thank God for? (Her dress, her happy feelings, being the line leader)***

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*Cason was at the pool and slipped and fell in. His friends were all watching and now they're making fun of him for being clumsy. Cason wants to make fun of them right back because he's frustrated and embarrassed. Where is Cason's anger measuring up to? (3) Making fun of other people may seem like the easiest thing to do in the moment, but what would be the better choice: to forgive them or make fun of them? (Forgive them)*

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*Josie is being bullied at school. It really makes her want to explode when the bully pushes her in the hallway for the fifth time this week. Where is Josie's anger measuring up to? (5) How can Josie show self-control: by yelling at the bully and pushing back or by talking to an adult who can help? (Talking to an adult who can help)*

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*At the end of the school day, Jesse's behavior stick was on green, which, in his class, means he gets a special treat and a good note to take home to his parents. Where does Jesse's anger measure up to? (1) Jesse is so happy! Should Jesse complain if he doesn't get the treat he wants or thank God for giving him such a great day? (Thank God) That's right! Some days are really great. We should always remember to STOP and thank God for the days when we don't feel angry.*

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*When you're feeling angry, which of these is NOT a way to have self-control: walk away for a few minutes, write a mean note, or yell into your pillow? (Write a mean note) Walking away for a few minutes and yelling into your pillow can help you calm down and have self-control when you're about to explode with anger.*

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*Sophie is disappointed, because she wasn't invited to a birthday party for her best friend when everyone else in her class was invited. She has decided she doesn't want to be friends with anyone who went to the party. Where does Sophie's anger measure up to? (3) God can help Sophie have the self-control to forgive her friends and not give up on them just because they made a mistake. If Sophie isn't sure she can do that, who can she pray to for help? (God)*

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*Caden's sister bit him on his arm because he wouldn't let her have her favorite seat in the living room. Caden is chasing her down because he is planning to bite her back. Where is Caden's anger measuring up to? (5) If Caden bit his sister, would his actions be helping or hurting the situation? (Hurting) When we're feeling angry, we can have self-control by asking ourselves if what we're about to do will hurt someone. If it will, we should STOP and walk away instead.*

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