

Name: _____

EVENT-----FEELING-----REACTION
(Worksheet for Amazing Mallika)

Think of a time when you felt angry and reacted to that anger. Then do the following:

EVENT

1. Draw a picture or write about an event that made you angry.

FEELING

2. Draw a picture or write about the feeling you had when this happened.

REACTION

3. Draw a picture or write about what you did next.