PATHS Supplementary Activity

Anger Can Hijack You

Name				
Date				
One gray, rainy afternoon, Samantha was feel	ingangry	and lonely		
when her best friend, Anna, called her on the	σ,	,		
"Can you go to the mall with us?" asked Anna	1.			
Samantha felt and exc	"Hold on. I'll go ask my mom,"			
she replied. But Samantha's mom told her tha	t she couldn't go to	the mall with her		
friends. Samantha's mother was	because Sama	ntha hadn't cleaned her		
room for two weeks, even after being remind	ed several times.			
"All my friends get freedom," complained San	nantha, who was fe	eling angry		
and jealous				
"Well, maybe they are moreresponsible	_ and keep their ro	oms clean," responded		
her mother.				
Samantha stomped back into her room and sl	ammed her door. "I	Don't act so		
," her mother shouted.				
mean				

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FEELINGS THESAURUS II

The more Samantha thought about it, the more	
	angry
Samantha began to feel like her	was hijacking her. She also began to
anger	
feel "No one gets to be the l	boss of me," she thought.
Just then, Samantha's little sister Robin came in	nto her room. "Can you help me?" she asked
in a little voice.	
Samantha's was so strong that	at it felt out of control. Even though her
sister hadn't done anything wrong, Samantha to	urned all of her toward hatred
her sister. "You are so and _ inferior	!" yelled Samantha. "Why stupid
don't you go bother someone else!"	
Samantha's sister began to cry. She felth	and "You are disrespected
so! Mom, Mommy!" she sobb	ped as she ran out of the room. "Samantha's
being to me!"	
"Oh, great," thought Samantha, and she began	to feel She knew that
her mother was going to be	
Sure enough, when Samantha looked up, her n	nother was standing in the doorway with
her arms crossed. Samantha knew she was in tr	rouble.
"What made you act so?" her	mother asked. "I know you felt
at me, but why did you take angry	it out on Robin?"
Samantha began to feel "I'n guilty	n sorry," she muttered.
"Well, you need to tell your sister that."	

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"Robin," Samant	ha shouted. "	I'm sorry!"			
"The words don	't mean anyth	ing," said her r	nother, "if y	you say them	with
	_ in your voi	ce "			
hatred	_ III your vor	cc.			
Samantha knew	that her mom	n was right. But	it was real	lly hard to be	
					kind
when she was st	till feeling so	angry	and	h	At the same time
		• ,			
she also felt	guilty	The more he	r mother st	ood there sta	ring at her, the mor
	0 ,	San	nantha felt		
ashamed	and	San	nantna icit.		
"I'm really sorry,	, winspered	Samanuia, 11118	ume ner vo	oice was	sad
and	. "Some	etimes it's iust s	o hard to c	ontrol myself	when I feel
humble				,,	
so	.,,,				
angry					
Samantha's mon	n sat down ne	ext to Samantha	and put he	er arm around	d her. "We all make
mistakes," her m	nother said ge	ently. "But we n	leed to lear	n from them	and repair the
problems we've	caused. That'	s why you need	d to really r	nean it when	you apologize to
your sister."					
"OK," sniffed Sa	mantha. She l	knew that her r	nother was	right. Her me	other was even
right about clear	ning her room	n. "You know, I	Mom, I hop	e I can grow	up to be as
	_ as you are.	,,			
smart					
"Oh, you will," r	replied her mo	om as she kisse	ed Samantha	a on top of h	er head. "You will."
Samantha felt wa	arm inside, be	ecause she kne	w that she	was both	loved
and					
respecte	ed				

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