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**Don't  
Get  
Mad**

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# Don't Get Mad...

The Anger Alternatives  
Game

## About this game:

Problems with anger management are one of the most common reasons for children to be referred to counselors. Whatever causes children to have problems controlling their anger, it is imperative that they learn anger-management techniques. Children who continue to have problems in anger control into adolescence will be at risk for underachievement and school drop-out, experimentation with drugs and alcohol, social isolation and rejection, and behavior problems at home and later in the workplace.

The game format is one of the most useful ways to teach emotional intelligence skills. This game is designed to be used with children in counseling sessions, in classrooms, or in the home. It is intended to help children learn about anger management and think about alternatives to anger in the types of situations they will face on a daily basis. Each question presents a scenario that might frustrate children to the point of anger and asks them to explore better ways to deal with this situation.

## How to play:

- For 1-5 players.
- The first player tosses a penny so it lands on one of the numbers on the grid (on the next page).
- If lands on the center square, toss again.
- The same player tosses the penny a second time.
- Note the two numbers that the penny landed on.
- The two numbers indicate the situation the player will respond to. For example if the two numbers are "1" and "7", the player will respond to situation #17. If the two numbers are "0" and "3", the player will respond to #3 and so on.
- Read the indicated situation to the player. When the player has responded to the situation, he or she receives one point.
- If the player does not want to respond to a situation he or she may pass their turn. They do not receive a point.
- Remind the players that there are no right or wrong responses.
- Feel free to encourage discussion. Ask follow-up questions.
- The first player to receive 5 points is the winner.

## The Situations

1. Ryan overheard his friend Shannon saying that he was stupid. He felt like he never wanted to talk to Shannon again. What would be a better thing to do?
2. Petra felt really sick, but her mother made her go to school. Petra felt like yelling at her mother. What would you tell Petra to do instead?
3. John's teacher accused him of talking when he wasn't. John felt like complaining. What would you tell John to do?
4. Mandy's friend broke the arm off Mandy's favorite doll. Mandy wanted to cry. What would you tell Mandy to do?
5. Alice got a bad grade on a very important school report. She felt like running out of the classroom. What would you tell her to do instead?
6. Greg wanted to watch his favorite TV show, but his parents were watching something else. Greg felt like throwing a temper tantrum. What would you tell Greg to do?
7. Alan wanted to ride his bike, but it had a flat tire. Alan felt like knocking his bike over in anger. What do you think Alan should do?
8. Gwen forgot her lunch and was feeling very hungry. She wanted to go and sit by herself. What do you think Gwen should do?
9. Fred and Stephanie were playing with a ball when George came up and took it away from them. Fred and Stephanie started to call George names. What do you think they should do instead?
10. Jen wanted to play hopscotch, but her friends all wanted to play kickball. Jen felt like storming off in anger. What do you think Jen should do?
11. Mark's mother made fish for dinner. Mark hates fish. He felt like leaving the table and going to his room. What do you think Mark should do?
12. It rained on the day of Jason's baseball game. He felt like yelling bad words. What do you think Jason should do?

13. Kirsten found out her best friend had gone to the movies with some other girls and had not invited her. Kirsten felt like calling up her best friend and yelling at her. What would you tell Kirsten to do instead?
14. Rebecca's parents told her to clean her room when she wanted to play outside. Rebecca felt like ignoring her parents and going outside anyway. What would you tell Rebecca to do?
15. Juan wanted to stay up and play video games, but his parents told him to get ready for bed. Juan wanted to tell his parents to shut up. What do you think Juan should do?
16. Janet was playing with a basketball when another student took it away from her. Janet felt like punching that student in the arm. What would you tell Janet to do?
17. Tim wanted to skateboard but his parents told him he had to go visit his grandparents instead. Tim wanted to ignore his parents and go skateboarding anyway. What do you think Tim should do?
18. Victoria accidentally spilled juice on Sharon. Sharon felt like spilling her juice on Victoria to get back at her. What would you tell Sharon to do instead?
19. Daphne really wanted a puppy for her birthday, but she did not get one. She felt like complaining to her parents that her birthday had been ruined. What do you think Daphne should do?
20. Jason really liked candy, but his parents wouldn't let him eat any sugary foods. Jason felt like yelling at his parents. What do you think Jason should do?
21. Alex's teacher told him to move his desk to the other side of the room. Alex liked his desk where it was and felt like kicking his chair over in protest. What would you tell Alex to do?

22. Abby's teacher would not listen when Abby told her why she did not have her homework. Abby felt like shouting at her teacher to make her listen. What would you tell Abby to do instead?
23. Tony was carefully drawing a picture for his mother when Bobby accidentally bumped into him and ruined it. Tony felt like ruining one of Bobby's pictures. What do you think Tony should do?
24. Carol discovered that her classmate Richard was spreading rumors about her that were not true. Carol felt like spreading untrue rumors about Richard in return. What do you think Carol should do?
25. Brett was very thirsty, but there was a long line for the drinking fountain. Brett felt like going to the front of the line and cutting. What do you think Brett should do?
26. At a birthday party, Natalie took the piece of cake that Rose wanted. Rose felt like going up to Natalie and grabbing the piece of cake off the plate. What would you tell Rose to do?
27. Joe and Tom were best friends until Tom made a new best friend. Joe felt like never hanging out with Tom again. What do you think Joe should do?
28. Josh's classmates would not let him join the club they started. Josh felt like following his classmates around and bugging them until they let him join the club. What would you tell Josh to do?
29. Laura really wanted a new CD player, but her parents would not let her have one. Laura felt like screaming at her parents until she got her way. What do you think Laura should do?
30. Paul's teacher kept ignoring him even though Paul had his hand up and knew the answers to the questions that the teacher was asking. Paul felt like shouting out the answers. What would you tell Paul to do?
31. Joe accidentally tripped Chris in the school hallway. Chris felt like punching Joe for this mistake. What would you tell Chris to do?



32. Donna wanted to be on the kickball team with all her friends, but she got picked to be on the opposite team. Donna felt like sitting out if she couldn't be on the team with her friends. What do you think Donna should do?
33. Simon's parents made him wear a jacket outside even though he was not cold. Simon felt like throwing his jacket in the garbage to protest his parents' decision. What do you think Simon should do?
34. Howard's teacher told him it was time to come in from recess, but Howard was not ready to go in. Howard felt like running away from his teacher and hiding. What do you think Howard should do?
35. Just before it was Darlene's turn to be up at kickball, her teacher ended the game. Darlene felt like complaining to her teacher. What do you think Darlene should do?
36. Megan's parents reminded her to do her chores several times. Megan felt like telling them to shut up. What do you think Megan should do?
37. The school-bus driver told Gary to move to the front seat even though Gary wasn't doing anything wrong. Gary felt like refusing to move his seat. What would you tell Gary to do?
38. Kathy was talking on the phone with her friend when her friend said Kathy was fat. Kathy felt like hanging up on her friend. What would tell Kathy to do?
39. Glenn wanted a new pair of shoes, but his parents told him that the ones he had were still good enough to wear. Glenn felt like messing up his shoes so his parents would have to buy him new ones. What would you tell Glenn to do?
40. Andrew wanted to go on a trip with his parents, but they left him with a babysitter anyway. Andrew felt like ignoring the babysitter in order to get back at his parents. What would you tell Andrew to do?
41. Frank slipped in the cafeteria and everyone laughed at him. Frank felt like telling everyone to shut up. What do you think Frank should do?

42. Julius was not allowed to sit near his friends during a school assembly. Julius felt like sneaking over to where his friends were sitting. What do you think Julius should do?
43. Derek gave the wrong answer twice when his teacher called on him. Derek felt like telling the student who gave the correct answer to shut up. What would you tell Derek to do?
44. Donald told Bruce not to give away a secret, but Bruce went and told the entire class. Donald felt like kicking Bruce. What would you tell Donald to do?
45. When Dave went to school with a new haircut, his entire class laughed at him. Dave wanted to scream at them to stop laughing. What you would tell Dave to do?
46. Mikey felt like his older brother was picking on him at the dinner table. Mikey wanted to throw food at his brother. What do you think Mikey should do?
47. Julia wanted to join the soccer game, but the other players wouldn't let her. Julia felt like taking the ball and running away. What would you tell Julia to do?
48. Bryan kept losing at the board game he was playing with his friends. Bryan wanted to knock the game to the floor and storm off. What do you think Bryan should do?
49. Amy's mother was on the phone when Amy wanted to make a call. Amy felt like disconnecting her mother's call and taking the phone. What do you think Amy should do?
50. Carl's father told him to clean up a mess that Carl's brother had actually made. Carl felt like ignoring his father. What do you think Carl should do?
51. Lisa's friend Betty said she would call on Friday night, but she never did. Lisa felt like never talking to Betty again. What would you tell Lisa to do?
52. Arnold's friend Ed refused to share his candy with Arnold. Arnold felt like just going home. What do you think Arnold should do?

53. Max won a trophy in a race, but Bill thought that Max had cheated. Bill felt like stealing the trophy from Max. What would you tell Bill to do?
54. Matt wanted to be alone, but his classmates kept asking if he wanted to join them. Matt felt like spitting on them. What would you tell Matt to do?
55. Ashley saw Brittany cut in the lunch line. Ashley felt like cutting in front of Brittany. What do you think Ashley should do?
56. Liz's mother told her to practice for her piano lesson, but Liz didn't want to. Liz felt like banging on the piano keys in protest. What do you think Liz should do?
57. Norman's teacher told him to show the new student around during lunch, but Norman wanted to play with his friends. Norman felt like abandoning the new kid. What would you tell Norman to do?
58. Val wanted to go to the beach, but her father would not let her. Val felt like calling her father a rude name. What would you tell Val to do?
59. Sue was angry that she was picked last for basketball. She felt like sitting out during the game. What do you think Sue should do?
60. Ellen wanted to stay in bed, but her parents made her get up for school. Ellen felt like ignoring them and going back to sleep. What do you think Ellen should do?
61. Christopher wanted to be class president, but Sandra got more votes. Christopher felt like doing something mean to Sandra. What do you think Christopher should do?
62. Jeff saw Ryan trip his best friend. Jeff felt like tackling Ryan. What would you tell Jeff to do?
63. Sam and Taylor disagreed on what the best football team was. Taylor felt like shouting until Sam agreed with him. What would you tell Taylor to do?

64. Sara wanted to walk to the mall by herself, but her parents told her she wasn't responsible enough. Sara felt like running out the door and going to the mall by herself anyway. What would you tell Sara to do?
65. Peter refused to share his art supplies with Maria. Maria felt like just taking what she wanted. What would you tell Maria to do?
66. Cheryl thought her teacher was always yelling at her for no reason. Cheryl wanted to skip school to avoid this teacher. What would you tell Cheryl to do?
67. Debra's friend Jasmine was repeating everything she said. Debra felt like swearing at Jasmine. What would you tell Debra to do?
68. Andrew told Travis he didn't want to play with him anymore. Travis felt like kicking Andrew. What would you tell Travis to do?
69. Felicia thought that nobody in her group was listening to her ideas. Felicia felt like keeping quiet and saying nothing. What would you tell Felicia to do?
70. Vanessa wanted to go to a friend's sleepover, but her parents told her she had to visit her grandparents instead. Vanessa felt like telling her parents that she didn't like her grandparents. What would you tell Vanessa to do?
71. Martin was proud of his new shoes, but when he wore them to school a student told him that the shoes looked dumb. Martin felt like punching this student. What would you tell Martin to do?
72. Robyn did not want to eat broccoli, but her grandmother told her she had to. Robyn felt like ignoring her grandmother and feeding the broccoli to the dog. What would you tell Robyn to do?
73. Ursula overheard her friend saying how ugly Ursula was. Ursula felt like pulling her friend's hair. What would you tell Ursula to do?
74. Jerry's friend Rob stole a joke from Jerry and then said that he made it up. Jerry felt like screaming that Rob was a liar. What do you think Jerry should do?

75. Christine thought it was unfair that her little sister got ice cream after being sick, but Christine got none. Christine felt like pinching her little sister. What would you tell Christine to do?
76. Rob wanted to go out to dinner for this birthday, but his parents make food at home. Rob felt like telling his parents that they ruined his birthday. What would you tell Rob to do?
77. Stan's friend kept interrupting when he was trying to tell a story. Stan felt like shouting the story so his friend couldn't get a word in. What do you think Stan should do?
78. Kaitlyn was angry that the new girl in class was getting more attention than she was. Kaitlyn felt like spreading rumors about the new girl. What would you tell Kaitlyn to do?
79. Kevin wanted to do his homework in the morning, but his father told him he had to do it after dinner. Kevin felt like sulking. What do you think Kevin should do?
80. Al wanted to play baseball with his friends, but his father told him to mow the lawn. Al felt like running up to his room and slamming the door. What would you tell Al to do?
81. Roger wanted a new video game, but his mother wouldn't buy it for him. Roger felt like telling his mother how mean she was. What do you think Roger should do?
82. Kim called Laura stupid. Laura felt like calling Kim a bad name back. What would you tell Laura to do?
83. Gary made a joke about Harry's family. Harry felt like beating Gary up. What would you tell Harry to do?
84. Juan's little brother would not leave him alone while he was trying to play a video game. Juan felt like pushing his little brother. What do you think Juan should do?

85. Isabel wanted to practice dancing, but her brother was using the CD player and wouldn't share. Isabel wanted to take the CD player away from him. What do you think Isabel should do?
86. Irene wanted to sit in the front seat of the car, but her older sister got there first and wouldn't let her have it. Irene felt like slapping her sister. What would you tell Irene to do?
87. Nancy was supposed to give her oral report first, but her teacher forgot and called on someone else instead. Nancy felt like complaining loudly to her teacher. What would you tell Nancy to do?
88. Sean accidentally got Ted's new hat dirty. Ted wanted to throw Sean's hat into the mud. What would you tell Ted to do?
89. Angel was doing a jigsaw puzzle, but she could not get any of the pieces to fit correctly. She felt like knocking the whole puzzle off the table. What do you think Angel should do?
90. Sherry's mother accidentally threw away Sherry's homework. Sherry felt like throwing away her mother's important papers to get back at her. What would you tell Sherry to do?
91. Julian's brother ate the last piece of Julian's birthday cake. Julian felt like punching his brother. What would you tell Julian to do?
92. Marcia was trying to do her homework, but the problems were really hard. Marcia felt like ripping up the paper in frustration. What do you think Marcia should do?
93. Rick wanted to play video games, but his mother told him to study for his test. Rick felt like ignoring his mother and just pretending to study. What would you tell Rick to do?
94. Shelby's little brother would not stop crying. Shelby felt like yelling at him to be quiet. What would you tell Shelby to do?

95. Vincent was trying to walk to the school bus stop quickly, but his little sister was walking slowly. Vincent felt like poking her to make her hurry up. What would you tell Vincent to do?
96. Wendy was trying to practice for her dance recital, but her brother and his friends kept making fun of her. Wendy felt like she should tell on them. What would you tell Wendy to do?
97. Zachary was trying to put a model airplane together, but he was having trouble with one part. Zachary felt like throwing the whole thing into the garbage. What would you tell Zachary to do?
98. Rachel's mother accused her of tracking mud across the floor when it was actually her brother who did it. Rachel felt like calling her mother stupid. What would you tell Rachel to do?
99. Steven's father reminded him to do his homework even after Steven told him the homework was done. Steven felt like telling his father to shut up. What would you tell Steven to do?

