



# Emotions - Lesson 1

|            |          |         |           |           |
|------------|----------|---------|-----------|-----------|
| chemical   | emotion  | hormone | teacher   | hurt      |
| exercising | body     | outside | sometimes | play      |
| throwing   | problems | brain   | angry     | judgments |

Anger is a complex \_\_\_\_\_ we all struggle to deal with. Have you ever gotten so angry that you felt like screaming or \_\_\_\_\_ something away just because things didn't happen the way you wanted them to? Maybe your brother ate your cake, or your friend lost a book he took from you, or your mom won't let you go outside to \_\_\_\_\_. Everyone gets \_\_\_\_\_. Anger is one of many emotions we feel every day. But why do we get angry?

It's easy to see what is happening \_\_\_\_\_ of your body when you are angry, but let's talk about what happens inside the \_\_\_\_\_. When something happens that makes you angry, a part of your \_\_\_\_\_ called the amygdala releases a \_\_\_\_\_ called catecholamine. This gives your body a burst of energy. Also, a \_\_\_\_\_ called adrenaline is released into your body that raises your heart rate and blood pressure turning you red. This makes you ready for action.

Luckily, another part of your brain called the prefrontal cortex is responsible for making \_\_\_\_\_ and keeps you from acting too crazy and trying to \_\_\_\_\_ others. It is important to know that chronic anger can cause serious health \_\_\_\_\_. It is ok to get angry \_\_\_\_\_, but keeping your emotions under control and staying calm is important. Practicing meditation and \_\_\_\_\_ help you do this and stay healthy. It also helps to talk to a parent or \_\_\_\_\_ when you feel angry about something.