



Name: \_\_\_\_\_

# Homework

## More Middle School Confidential talkback

Complete the quiz, *Middle School Confidential*, pages 40–41. Write your a, b, c, or d answers next to each situation.

- 1. food counter \_\_\_\_\_
- 2. spilled juice \_\_\_\_\_
- 3. lost combination \_\_\_\_\_
- 4. phone call \_\_\_\_\_
- 5. loud TV \_\_\_\_\_

Which situation bothered you the most?

\_\_\_\_\_

What really bothered you about this? Why would this situation make you mad?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Total your numbers of a, b, c, or d answers:

a's \_\_\_\_\_ b's \_\_\_\_\_ c's \_\_\_\_\_ d's \_\_\_\_\_

Read “If you got” on the top of page 41. Does the feedback sound real to you? Why or why not?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Homework | More Middle School Confidential talkback, continued

Look for two base words here:



Look at the list of ideas on page 42. These ideas help you stay cool and not overreact in anger. Choose one idea that might work for you.



I could try to

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How could this activity help you deal with stress or anger? Write at least two sentences.



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