

Pre and Post-Test Questions (Feelings Lesson):

1. What is one healthy way to deal with anger?
 - a. Keep your anger inside
 - b. Take a break.
 - c. Yell at the person making you angry.
2. What is one healthy way to deal with worry?
 - a. Figure out exactly what you're worried about.
 - b. Stay away from your friends.
 - c. Keep it to yourself.
3. What is empathy?
 - a. Feeling sad for someone else
 - b. Understanding how someone else is feeling
 - c. Talking about your feelings