

Name \_\_\_\_\_

# ANGER

ACTIVITY

1

## Anger

*Sometimes anger  
Climbs in your heart  
Claws through your veins  
Storms through your limbs  
And clouds up your brain  
Sometimes anger's like  
A calculus question that's  
Too hard to explain  
Sometimes anger's all consuming  
But anger's never all the same*

*Because  
some anger is hot  
some anger is wild  
and outrageous  
Some anger's so  
Cold that it's pain is  
contagious  
When anger's out of  
Control  
Then that's rage  
And it's dangerous  
Some anger is quiet  
But silent anger's  
Still bruising  
Sometimes anger's  
The fear that there's  
Something you're losing  
Some anger's  
a response  
to a blow from injustice  
And when that anger's  
Organized then that  
Indignation's constructive  
Some anger's  
So deep it provokes  
A hope for revenge  
But that wrath's a  
Run-on sentence  
That doesn't know*

continued...

Name \_\_\_\_\_

**ANGER (CONTINUED)**

ACTIVITY

**1**

*how to end  
and sometimes  
you're furious at a friend  
when you're really mad at some stranger  
so you lose your cool  
because you've  
misplaced your anger  
but some  
anger is normal  
some anger is fine  
it's ok to get angry  
just don't get crazy and stay  
angry all the time*

by Steven Coleman

**Instructions:** Write a *D-1A2* giving your reaction to this poem (*see below*)  
What is the message of the poem? Consider writing your own poem or collaborate with other students to write and/or perform a poem on anger.