

EXAM PREP 'ANGER' : 🗣️ ORAL COMPREHENSION :

→ Regardez cette vidéo et rédigez son compte rendu en français :



SOURCE : [https://www.youtube.com/watch?v= xZe8SiwcM4](https://www.youtube.com/watch?v=xZe8SiwcM4)

Pour trouver la vidéo sur YOUTUBE, tapez dans la barre de recherche : What is anger ? Feeling and Emotions for Kids.

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→ Lisez cet article et rédigez son compte rendu en français :

Control anger before it controls you

Anger management

The goal of anger management is to reduce both your emotional feelings and the physiological arousal that anger causes. You can't get rid of, or avoid, the things or the people that enrage you, nor can you change them, but you can learn to control your reactions.

Are you too angry?

If you find yourself acting in ways that seem out of control and frightening, you might need help finding better ways to deal with this emotion.

Why are some people more angry than others?

According to Jerry Deffenbacher, PhD, a psychologist who specializes in anger management, some people really are more "hotheaded" than others are; they get angry more easily and more intensely than the average person does. There are also those who don't show their anger in loud spectacular ways but are chronically irritable and grumpy. Easily angered people don't always curse and throw things; sometimes they withdraw socially, sulk, or get physically ill.

EXAM PREP 'ANGER' : ✍ WRITTEN EXPRESSION :

➔ Rédigez un texte en anglais à partir de l'un des deux sujets suivants :

- **SUBJECT 1** : One of your colleague is always angry at everyone. You decide to write him an email in which you explain what you have noticed and what he could do to stop being angry all the time.

- **SUBJECT 2** : You answer the following question posted on Quora : “ What makes you angry and how do you deal with your anger ?”

J'entoure le sujet que j'ai choisi : 1 2
