

Hidden Rules

Talking to A Friend Who is Angry

Sometimes you might see that a friend is angry, but you don't know why.

What should you say to your friend? What *shouldn't* you say?

There are "hidden rules" about starting a conversation with someone who is angry.

Look at the list of possible hidden rules below and circle the ones that you think would be important in this situation. The answers are written on the side of the page.

Circle the hidden rules you think are important to remember when you see a friend who is angry.

1. Give your friend a compliment.
2. Ask your friend if something is wrong.
3. Put your arm around your friend.
4. Give your friend his or her "personal space."
5. Make eye contact with your friend and use body language to show your concern.
6. Look around to see if there something that might tell you why your friend is angry.
7. Ignore your friend completely and walk away.
8. Tell a grown-up that your friend is angry.
9. Make a joke.
10. Tell your friend you don't like it when he or she is angry.



Are there other things to remember when you see that a friend is angry?