

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.