NAME: CAT TUONG

AGE: 11

ROOM 1

ANGER:

Anger is not a good feelings. When we are angry, we can lose our control and can do the wrong action. BUDDHA taught everybody about miserability of anger: We should be calm when we faced with the anger.  
How can we remove the anger: overcome the anger by not being angry, same as winning the evil people by a goodness.

When someone makes you angry, you should think about his good point, his good quality and ignore his mistakes.

I used to be angry and when I was angry, I would take the book I liked to read to forget my anger. When anybody make me angry, I will try to ask myself why I am angry, what the reason make me angry and it helps me to be calm. When I was I child, me and my fiend disputed the toy, we didn’t gave way the toy. At this time, I was so angry and hit her and she hit me again and we were scratched. When I calmed, I saw the anger is has not good and can make my friendship is rift. When that time, we will hurt us and I went to my friend to sorry her and she was so happy. I and her were a friend again. Control the anger is very good and it will not harm anybody if we know control the anger