

SECOND EDITION

# WHAT TO DO WHEN YOUR TEMPER FLARES

A Kid's Guide to  
Overcoming Problems  
with Anger

A **WORKBOOK**  
for Kids  
from the  
AMERICAN PSYCHOLOGICAL  
ASSOCIATION

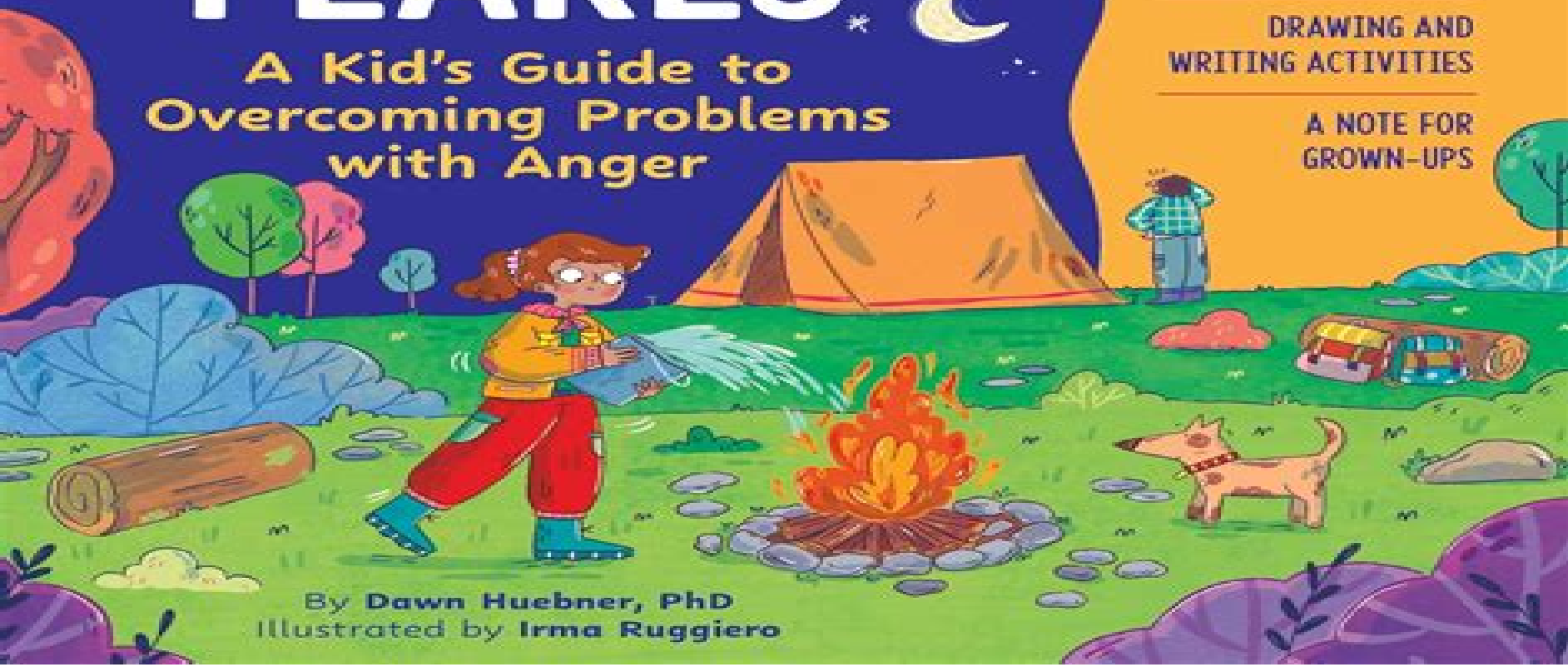
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By Dawn Huebner, PhD  
Illustrated by Irma Ruggiero

# What To Do When Your Temper Flares

**Lenka Glassman, PsyD**



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web to find time minutes in this lab you can base your calculation on a total cell cycle of 24 hours of those 24 hours it takes about 80 minutes to go through mitosis calculate the actual time for each mitotic phase by taking your percentage of the phase and dividing it by 100 and then multiplying that by 80 minutes record your data in table 1

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prophase telophase metaphase and anaphase how does the timing of the complete cell cycle differ in

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describe the stages of interphase describe the stages of mitosis prophase metaphase anaphase

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web mitosis consists of four basic phases prophase metaphase anaphase and telophase some textbooks list five breaking prophase into an early phase called prophase and a late phase called prometaphase these phases occur in strict sequential order and cytokinesis the process of dividing the cell contents to make two new cells starts

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web during this phase chromosomes line up in the middle mitosis worksheet the diagram below shows six cells in various

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web table 1 mitosis predictions predictions my prediction is that interphase will take the longest time of the cell cycle for approximately 20 hours and mitotic phase will take 4 hours supporting evidence my supporting evidence for this claim is that interphase is the longest phase and can take up to 18 20 hours

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