

I feel angry sometimes.



This is okay. Everyone feels angry at times.



When I feel angry, I cannot hit people or things or yell at others.



I walk away from whatever makes me angry.



I take slow, deep breaths to feel calm.



I close my eyes and count to 100.



I imagine myself in a relaxing place.



I write it out or draw a picture of my anger.



I exercise to let my anger out.



I listen to music or do another hobby.



I talk to a friend, parent, or trusted adult when I am angry. They can help me feel better. I say, "I'm mad" or "I'm angry."



I listen to others and let them help me calm down.

