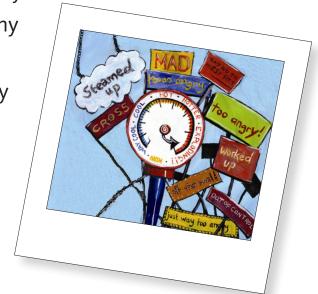
Things to do when you are angry

Let off steam!!

- Jump on the trampoline
- Twist a towel
- Have a good cry
- Go for a run around the house/yard
- Punch at a pillow or kick on a cushion (but never hit or kick people or other things)
- Mark Shut yourself in a room and have a yell
- Tell your toys how you feel and why
- **Bang a drum!**
- Run up and down the stairs twenty times
- Play with a ball outside
- Listen to your favourite music
- Yell your anger down the plug hole and rinse the words away.



Calm yourself:

- Breathe slowly in and out ten times
- Have some quiet time in your bedroom
- Have a bath or a shower
- Talk to someone who is a good listener
- Draw how you feel or make it out of play dough
- → Pretend to be a turtle crawl into your shell to calm down.