

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)
- ✱ 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.