

Anger is a normal and natural emotion. At school, we try to send the message that it's okay if you become angry, but taking charge of these feelings in a healthy way is very important. No matter how angry or upset I become:



1. I may not hurt myself.
2. I may not hurt others.
3. I may not hurt property.

'Cool Down' strategies can help with managing strong feelings such as anger, worry, and/or frustration. Visuals for kids: deflating a balloon, lowering a thermometer's temperature, or settling an active volcano.

Please note: These techniques will not change the circumstances around the angry feelings. They are intended to slow things down, get needed oxygen to the brain/body, and make it easier to think/react/avoid unnecessary conflict more clearly.

Pay attention to "warning signals" that you may be heating up. Everyone's different, but these are some common red-flag signals to initiate a 'stop and think':



Tense muscles, tightened fists, tightened mouth, clenched jaw, anger/worry lines on forehead, heart pounding, face becomes red, difficulty thinking straight, sweaty palms, voice changes, change in body language ...



Mind Travel-

Briefly (10-30 seconds) think about someplace special and calming. Think about who you are with and what you are doing together. Concentrate on the sounds and surroundings of your special place. Breathe deeply.

1-3-10

(Red) Tell yourself, "Stop. I can keep calm."

(Yellow) Take 3 deep *belly* breaths.

(Green) Count to 10 and think about what you could do next make things easier.



Since every person is different, also consider other strategies that could work for you. Pick 1 or 2 and stick with them. Practice them every time you feel yourself losing control so they become a more natural part of your daily experiences.

Some other possibilities:

Write it out, draw it out, talk it out, go someplace quiet, talk to a pet/stuffed animal, squeeze a pillow, mush some clay, play your instrument, go for a walk, get some exercise, write a note and tear it up, etc.



Be proud of yourself for taking positive steps toward controlling strong emotions!

The BIG B

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BE QUIET
BACK AWAY
BREATHE DEEPLY

