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:



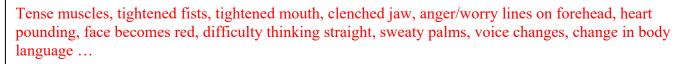
1. I may not hurt myself.2. I may not hurt others.3. I may

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':





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.

The BIG B



BE QUIET BACK AWAY 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!