

# What to Do When You Are Angry

## STOP AND THINK.

**1.** Ask yourself:  
How does my body feel?

**2.** Try to calm down by:

**Taking  
three deep  
breaths**

**Counting  
backward  
slowly**

**Thinking  
calming  
thoughts**

**Talking  
to  
yourself**

**3.** Think out loud to solve the problem.

**4.** Think about it later. Ask yourself:

Why was I angry? What did I do? What worked?

What didn't work? What would I do differently?

Did I do a good job?

# Calming Yourself Down

**1.** Stop and think.

**2.** Ask yourself:  
How does my body feel?

**3.** Try:

**Taking  
three deep  
breaths**

**Talking  
to  
yourself**

**Counting  
backward  
slowly**

**Thinking  
calming  
thoughts**

# How to Solve Problems

**1.** What is the problem?

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**2.** What are some solutions?

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**3.** For each solution, ask yourself:  
Is it safe?  
How might people feel about it?  
Is it fair?  
Will it work?

**4.** Choose a solution and use it.

**5.** Is it working? ---> Yes!  
If not, what can I do now?

