

Steps to Controlling Your Anger

Fill in the spaces below, then choose a strategy to let out your anger.

1. Try changing the situations that make you mad.
2. Talk about your feelings.
3. Breathe deeply.
4. Hit a pillow, do push-ups, exercise.
5. Think about peaceful places.
6. Write in a journal.
7. Draw a picture.
8. Drink a cold glass of water.
9. Listen to music.
10. Go help someone.
11. Take a nap.
12. Play video games.
13. Watch a movie.
14. Read.
15. Go for a walk.

**What makes
You angry?**

**How does
Your body feel?**

What can you do?
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