

HANDLING MY ANGER

Decide what is helpful (do) and what is not helpful (don't) when trying to manage anger.
Put the words in the columns:

scream	yell	chill out	wind myself down
relax	find a calming area	remain calm	destroy things
play with fidget toy	kick	close your eyes	talk it out
break the rules	hit	read for a while	listen to music
show respect	threaten	blame others	remain positive

The do's

The don'ts