**Managing My Anger**

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| Healthy/Safe Ways   1. Take deep breaths. 2. Count to 10. 3. Squeeze stress ball. 4. Talk about feelings. 5. Color/draw a picture. 6. Journal. 7. Read a book. 8. Exercise/Run. 9. Rip nonessential paper. 10. Yell into a pillow. 11. Listen to music to calm down. 12. Think of something funny. 13. Close eyes and imagine being in a peaceful place. | Positive Consequences   1. Verbal praise/encouragement 2. Add sticker to chart 3. Choose a game to play 4. Favorite meal |
| Unhealthy/Unsafe Ways   1. Screaming 2. Using hurtful words 3. Kicking 4. Hitting 5. Throwing things | Negative Consequences   1. Warning 2. Time Out 3. Lose a toy |