**Managing My Anger**

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| Healthy/Safe Ways1. 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 Consequences1. Verbal praise/encouragement
2. Add sticker to chart
3. Choose a game to play
4. Favorite meal
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| Unhealthy/Unsafe Ways1. Screaming
2. Using hurtful words
3. Kicking
4. Hitting
5. Throwing things
 | Negative Consequences1. Warning
2. Time Out
3. Lose a toy
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