

It's ok to be Angry

Here are ways to manage angry feelings to keep you out of trouble:

For younger kids:

- Rip up old mail or papers to be shredded
- Kick a ball around the yard
- Go for a very fast walk and think mad thoughts until calm
- Draw a picture of what is making you mad and stop on it
- Run down the street and back
- Punch a pillow or your bed saying loudly why you are mad
- Sling an angry song about why you are ad
- Pound play dough
- Look in the mirror while yon make angry faces
- Count as far as you can loudly and slowly
- Scribble all over a large piece of paper

Your own ideas: _____

For older kids:

- Shoot some hoops
- Draw a picture of what you are angry about and shoot darts at it
- Write an angry letter or poem and then tear into pieces
- Talk to a friend or family member you trust about why you are upset
- Clean up your room
- Pull weeds from your yard
- Find an old piece of wood

Your own ideas: _____