

A	N	G	E	R
play a Game	Count to 10	Check your Pulse	Listen to music	Think about Happy Memories
Take Time to Think	Find a Project to work on	Write it Down	Talk to a Friend	Get away from the problem
Talk to an Adult	Write in a Journal	FREE	Draw	Take a Walk
Read	Scream into a Pillow	Use I-messages to express feelings	Take 3 Deep Breaths	Talk to a Friend
Watch TV	Positive Affirmations	Play cards	Take a Shower/Bath	Paint

A	N	G	E	R
Draw	Exercise	Take a Walk	Take Time to Think	Take 3 Deep Breaths
Dance	Write in a Journal	Think about Happy Memories	Read	Scream into a Pillow
Write it Down	Count to 10	FREE	play a Game	Take a Shower/Bath
Sing	Get away from the problem	Paint	Talk to a Friend	spend some time alone
Talk to an Adult	Talk to a Friend	Watch TV	Find a Project to work on	Check your Pulse

A	N	G	E	R
Take 3 Deep Breaths	Find a Project to work on	Take a Walk	Yell in an Empty Room	Draw
take a Walk	spend some time alone	Get away from the problem	Dance	Think about Happy Memories
Talk to a Friend	Listen to music	FREE	Count to 10	play a Game
Take Time to Think	Talk to an Adult	Scream into a Pillow	Read	Play cards
Talk to a Friend	Watch TV	Sing	Check your Pulse	Exercise