

Instead of getting mad I can:

Walk away	Color	Exercise	Talk to a friend	Read
Drawing	Think about loved ones	Take a time out	Count to 10	Talk to a family member
Think about happy memories	Watch TV	FREE	Dance	Paint
Play a video game	Talk to staff	Play cards	Listen to music	Sing a happy song to yourself
Go outside	Deep breathing	Take a walk	Watch a movie	Drawing

Instead of getting mad I can:

Watch TV	Count to 10	Talk to a friend	Drawing	Take a time out
Exercise	Watch a movie	Read	Deep breathing	Talk to a family member
Play a video game	Dance	FREE	Paint	Color
Listen to music	Take a walk	Walk away	Drawing	Talk to staff
Play cards	Sing a happy song to yourself	Think about happy memories	Think about loved ones	Go outside

Instead of getting mad I can:

Deep breathing	Take a walk	Count to 10	Sing a happy song to yourself	Dance
Walk away	Play a video game	Play cards	Think about loved ones	Read
Think about happy memories	Drawing	FREE	Talk to staff	Listen to music
Watch TV	Talk to a family member	Talk to a friend	Watch a movie	Exercise
Paint	Color	Take a time out	Drawing	Go outside