

A	N	G	E	R
Visit your friends	Arts and Crafts	Anger	Draw	Solutions
Play cards	Counseling	Think about loved ones	Respect	Assertive
Sew	Talk to staff/teacher	FREE SPACE!	Walk away	Compromise
Relax	Journal	Listen	Talk a walk	Paint
Rules	Talk about it	Express	Excerise	Read

A	N	G	E	R
Listen	Eat Healthy	Compromise	Cooking	Relax
Play cards	Paint	Communication	Think about happy memories	Solutions
Help a friend	Think about loved ones	FREE SPACE!	Assertive	Walk away
Arts and Crafts	Read	Journal	Count to 10	Rest
Take a time out	Sew	Respect	Talk a walk	Cool down

A	N	G	E	R
Rules	Play cards	Count to 10	Read	Arts and Crafts
Help a friend	Anger	Paint	Counseling	Relax
Visit your family	Cooking	FREE SPACE!	Watch a movie	Watch TV
Communication	Solutions	Respect	Deep breathing	Walk away
Assertive	Visit your friends	Cool down	Sew	Listen