8 ANGER MANAGEMENT TIPS TO TRY





Ask yourself why you're really angry to help you problem solve.



Count up to or down from 10 to stop yourself from doing something too quickly.



Listen to another person and get their perspective.



Breathe slowly and deeply to take attention away from anger & begin to calm down.



Take a walk or step away to breathe and think about good choices you can make.



Use self-talk. Say to yourself the things a good friend might say to calm you down.



Use "if-then" statements to consider what might happen if you do something.



Look for any humor in the situation—without making fun of someone.

BROOKES

Adapted from *Merrell's Strong Kids, Grades 3-5*, by Carrizales-Engelmann, Feuerborn, Gueldner, & Tran