

FEELING ANGRY?

A CHECKLIST FOR YOUNG PEOPLE

WALK AWAY
& cool down



TAKE A BREAK
& use a calming tool
like a stress ball



TAKE STEADY BREATHS
& focus on
exhaling slowly



PUSH AGAINST THE WALL
or floor &
then relax



COUNT TO 20
or more until
I feel calmer



MOVE, EXERCISE
stretch, do yoga
or play a sport



USE I-MESSAGES
& say what I
need & how I
want to be
treated



SCRIBBLE ON PAPER
then rip or
crumple it up

