

ANGER MANAGEMENT *Toolkit*



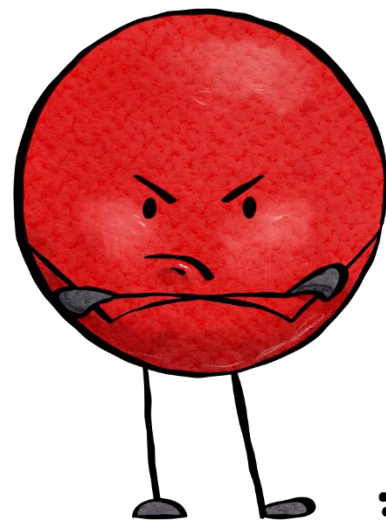
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Helping with Anger & Frustration – Tips for Adults

When dealing with children and young adults who have difficulties controlling anger, consider these useful tips and tricks:

1. Stay calm. Anger feeds anger, so if you get upset when the child is acting out, it will only make things worse. You need to keep your cool in any way possible to de-escalate the situation.
2. Model positive anger management strategies consistently. You might say, “Wow, that really made me angry when that person cut me in line, but I didn’t say anything because I didn’t need to make a scene and upset others.”
3. Identify the warning signs. Consider whether the child’s tone of voice changes, they begin to clench their fists, or they begin to argue. Notice these warning signs right away so that you can help the child identify them and intervene with positive outlets, as needed.
4. Consider the child’s point of view. Think about why the child is mad in the first place. Remember that feeling angry is a way of expressing emotions and communicating needs.
5. Use compromise as a tool. Don’t think of compromise as giving in. Instead, it’s a way to get what both you and the child need, while teaching the child positive skills. If you know that math work is a trigger for the child, you can say, “I know you have a hard time with this. Instead of the whole thing, what about if you choose ten problems?”
6. Don’t send the child away alone. While taking a break or a time out is a great way to help kids de-stress and allow feelings of anger to subside, it’s important to let the child know you’re there for support. Just a simple, “I’m here when you need me,” is sometimes enough.
7. Have empathy. Imagine how difficult it must be for a child or young adult to struggle with controlling their own emotions. Remember that you are there to help teach the child strategies to help them as they grow.



Name: _____

date: _____

Anger Quiz — True or False

Test your own anger knowledge with this quick and easy true or false assessment.
Circle true or false for each of the questions.

1. You can control your anger.	True	False
2. Anger is a normal emotion.	True	False
3. Ignoring your anger helps it go away.	True	False
4. Anger can often be related to stress levels.	True	False
5. Anger management skills are developed in the brain before you are born.	True	False
6. Acting out in anger can sometimes help you fix problems.	True	False
7. Venting is a healthy way to let out your anger.	True	False
8. Holding in your feelings of anger can be dangerous.	True	False
9. Anger management skills are best learned when you are not angry.	True	False
10. Everyone has the same triggers for anger.	True	False

Name: _____

date: _____

Anger Quiz — Answers

1. You can control your anger. — True.
With practice, you can learn strategies that will help you better manage and control your anger. It is easier or more difficult for some, but it is definitely something you CAN control.
2. Anger is a normal emotion. — True.
Anger is a very normal emotion that all humans feel. We feel it to varying levels at different times.
3. Ignoring your anger helps it go away. — False
Ignoring might help temporarily but it doesn't fix or solve the problem that caused you to be angry in the first place. Ignoring is not a permanent strategy for solving anger.
4. Anger can often be related to stress levels. — True
There is a big connection between your stress level and how angry or irritable you feel. Learning to manage your stress only helps you with managing your anger.
5. Anger management skills are developed in the brain before you are born. — False
While we are all born with the ability to feel anger, we are not born with the mechanisms to manage it. We learn these through interactions with others and the role models (people) around us.
6. Acting out in anger can sometimes help you fix problems. — False
Sometimes getting a little angry about something does help motivate you to want to solve a problem, but acting out in anger never fixes problems. In fact, it typically makes things worse.
7. Venting is a healthy way to let out your anger. — False
Research has found that venting and letting your anger out all at once is actually unhealthy and causes more problems with anger spiraling out of control. Too much at once is not a good thing.
8. Holding in your feelings can be dangerous. — True
Just like too much anger is a bad thing, holding it all in is not healthy either. This will just cause you to "blow up" once all that anger builds up. The key is dealing with the triggers that cause you to get angry in the first place.
9. Anger management skills are best learned when you are not angry. — True
Skills for managing anger need to be learned when you are calm and cool-headed.
10. Everyone has the same triggers for anger. — False
We are all different and we all have different triggers. Some might get angry with loud music or noise, while others find it relaxing. Our triggers are unique, just like we are.

Name: _____

date: _____

What is Anger?

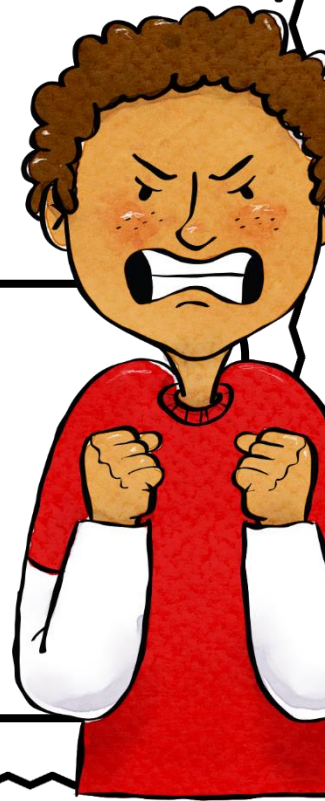
Anger is a completely natural and normal emotion. We all get angry sometimes. Even adults might get mad if someone cuts them in line, if someone says something mean to them, or something ruins their plans. The problem with anger arises when we deal with our emotions in ways that can hurt others and the environment around us.

Anger also has a wide range from being annoyed to frustrated to feeling rage. Anger can be a very strong emotion. When it overcomes us, it can interrupt our thinking and cause us to make impulsive decisions. Examples of this could be yelling, hitting, kicking, and saying things that could hurt others. Many of these actions are things we wouldn't do if we could think straight. Often after making such decisions, you might even think to yourself, "Wow, that was a bad decision", but sometimes it's very difficult to stop the anger in the moment.

It's important to note that we aren't born with the skills to manage our own anger and emotions. Many of us might learn them from a young age — watching our parents, siblings, and others around us modeling how they deal with their emotions. Sometimes, though, it is difficult to learn these skills on our own and we might need extra practice and strategies to help us.

Think about the following questions:

- What are some things that make you angry?
- What do you do when you're angry?
- Do you feel "in control" when you're angry?
- How do you think you can help yourself feel better when you're angry?



Name: _____

date: _____

Verbalizing Your Feelings

Sometimes anger can be a way to hide other emotions, like feeling sad, guilty, embarrassed, or disappointed. Because of this, recognizing and verbalizing your feelings is an important first step to learning to manage your anger over time. Verbalizing your feelings just means being able to express them out loud, to yourself and to others if you need help in solving any problems.

Consider each of the feelings below. Discuss when you have felt the emotion and how you reacted. Start each feeling by saying, "I felt _____ when..."



CONFUSED



SAD

DISAPPOINTED



SURPRISED



WORRIED



EMBARRASSED



Name: _____

Date: _____

Understanding the Reasons for Anger

Anger is a real and natural emotion that has helped humans survive for over thousands and thousands of years. There are real reasons to feel angry. Remember that it is okay to feel angry; everyone feels angry sometimes. It's just how you react with that anger that makes a difference.



Let's consider some reasons for anger.

- **Feeling Threatened** — If you or someone you care about (like a family member or friend) feels threatened, it is easy to feel angry right away.
- **Being Treated Unfairly** — No one likes to be treated unfairly. Sometimes it is being blamed for something you didn't do, while other times it is not getting attention when you want it. If you feel like someone has not treated you fairly or equally, it could make you upset.
- **Feeling Disappointed By Others or in Ourselves** — Feeling let down can lead to some strong emotions of sadness or anger. This is especially true when you are depending on someone for something and they don't follow through. Similarly, sometimes you might expect something out of yourself, like winning a soccer game or getting a good grade on a test. When you don't meet that standard, you can sometimes get angry.
- **Feeling Hurt Emotionally** — Emotional pain can sometimes be worse than physical pain. If someone says something that hurts your feelings or damages your self-esteem, you might feel sad or angry quickly.
- **Feeling like You're Not Being Listened To** — If someone doesn't give you what you need or want, you might feel that you're not being listened to or acknowledged.

NOTE: Remember that feeling angry (or any emotion) has everything to do with perspective. For example, maybe someone really is not treating you unfairly but you FEEL like they are. Similarly, someone might say something that you consider to be a mean put-down, even though they didn't mean it that way. If you feel angry for any reasons, it's still important to really consider why before you can solve the problem.

Response: What are some reasons you have been mad recently (without listening specific names)?

Name: _____

date: _____

Noticing the Physical Effects of Anger

Can you tell when you are getting angry? It's important to notice the effects of your anger right away. Once you can do this well, you can learn how to stop yourself and make a positive choice that will help you better control how you react when angry. Since we're all different, some of the effects of anger might be different for every person.

View the diagram and consider each of the effects of anger. Circle effects that you notice happen to you. To help, consider the most recent time you were angry and try to remember what it felt like.

Face feels hot
and gets red



Heart starts
beating faster



Palms sweating



Dizziness, feeling
light-headed



Jaw clenched



Muscles
tightening up



Fists clenched



How does your body react when you get angry? How can you tell when you are starting to feel angry?

Name: _____

date: _____

Anger Ground Rules

It's important to lay the ground rules for what's okay and not okay when you are feeling calm and level-headed. Make a list with behaviors and actions that are "okay" and "not okay". The list below is an idea for behaviors you can list in the boxes. You can use them but you don't need to use them all.

What's Okay	What's Not Okay

Possible Ideas:

Yelling	Crying	Hitting	Leaving the room	Taking a walk
Reading	Listening to music		Asking for help	Getting a drink
Taking a break	Pushing		Damaging items/property	Say that you're mad

Name: _____

date: _____

Anger Ground Rules - Contract

List the behaviors you have agreed upon for being acceptable or not acceptable when feeling angry. Complete the form by signing below.

What's Okay	What's Not Okay

Signatures:

Name: _____

date: _____

Identifying Your Triggers

What makes you upset, irritated, or angry? Sometimes you can't predict situations that will cause you to feel angry, but many times you can identify specific triggers. Identifying your triggers will help you really understand why you are angry in the first place.

Think of times you've felt irritated, angry, or upset. These are the times that you maybe felt your heart racing, your jaw clenching, muscles tightening, and all of those other physical symptoms you experience during anger. These times will help you identify your anger triggers.

Go through the list below, checking off your triggers. There is space to add your own. You can add extra information on each trigger, too, that may help explain when and why you get angry.

Check Your Triggers	Trigger	Other important information — Where does it happen? When does it happen?
	Failing or not doing well at something	
	Being told what to do	
	Feeling left out	
	Feeling embarrassed	
	Someone doesn't listen to you	
	Someone threatens you or someone you care about	
	Someone doesn't agree with you	
	Someone accuses you of something (sometimes it's something you did not do)	

Name: _____

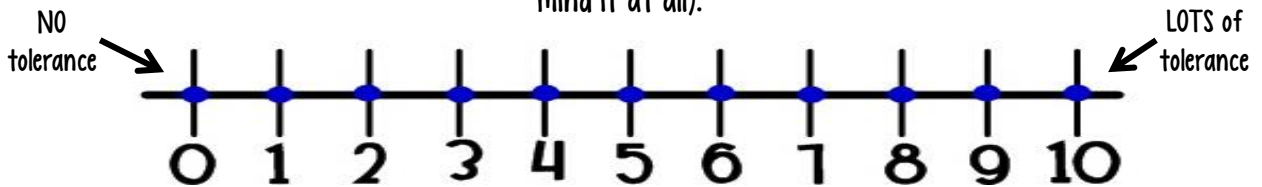
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What's Your Tolerance Level?

We all have different tolerance levels for situations, people, and events. Have you ever heard someone clicking a pen over and over? Does it drive you crazy? For some people, it really does, while others might not mind or even find it relaxing. That is your tolerance level.

Understanding your personal tolerance level is important to reducing your anger in certain situations. For example, if you find that you have little tolerance for loud music and it makes you feel angry, you should understand that going to a concert might annoy you. Of course, tolerance levels can change over time, too.

With a partner, discuss each of the situations. Identify your tolerance level from 0 to 10, with 0 meaning you have NO tolerance from something (get annoyed quickly) and 10 meaning you have lots of tolerance (and don't mind it at all).



	YOUR Tolerance Level	Your Partner's Tolerance Level
Crowded rooms and spaces with lots of people		
Children crying or screaming		
Loud music		
Getting a bad grade		
Knowing that someone lied to you		
A messy space		
Noisy food chewers		
Technology doesn't work		

*Discuss: What did you notice about the differences between you and your partner? What does this tell you about yourself? Were there any surprises? What other categories could you discuss?

Name: _____

date: _____

Anger Scale

Anger doesn't have just one note. There are several different levels of feeling angry, from high to low. List the words on the anger scale with 1 being a little angry and 10 being extremely angry.

This will give you vocabulary and a number level to use when you are feeling angry.

Mad	Irritated	Ticked off	Heated	Upset
Irked	Furious	Enraged	Irate	Frustrated
Livid	Aggravated	Annoyed	Fuming	Bothered
Outraged	Distressed	Wrathful	Agitated	Bugged

10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

Name: _____

date: _____

Anger Behavior Contract

When I feel angry, I can choose a strategy to help me stay calm:

☐ Take a walk

☐ Ask for a drink

☐ Use my calm down box

☐ Ask to be alone

☐ _____

☐ _____

☐ Use a fidget

☐ Ask for a break

☐ Practice deep breathing

☐ Listen to music

☐ _____

☐ _____

I agree that I will:

☐ Keep my hands and feet to myself

☐ Use appropriate words

☐ Keep my volume down or from talking

☐ Respect my classmates' and teachers' personal space

☐ _____

☐ _____

If I feel like I can't control my anger, I will tell my teacher that I need help.

My special code word for help will be: _____

Signatures:

Name: _____

Date: _____

Assertive vs. Aggressive

If you know that you need something or having a problem that needs to be solved, it's good to be assertive. That means communicating with others in a confident way that expresses your needs and concerns. While you DO want to be assertive, you DON'T want to be aggressive. Read through the table to determine the difference between assertive and aggressive behavior.

Being Assertive Means...	Being Aggressive Means...
<ul style="list-style-type: none">• Using I-statements to clearly verbalize feelings• Using a calm tone of voice when speaking to others• Negotiating your needs, when necessary• Explaining problems and helping come up with a solution• Taking a stand on an issue or concern, but still listening and acknowledging the points of views of others	<ul style="list-style-type: none">• Making "you" statements that put blame on others• Threatening or physically hurting others• Making mean comments and put downs• Not listening or acknowledging the other side of the argument• Manipulating others to get what you want ("if you don't _____, then I'll _____")• Damaging or threatening to damage property of others

Read through each scenario. Determine if the person is being assertive or aggressive.

1. Maria wants to stay out until 10pm but her mom wants her home at 8pm. Maria asks if her mom would be okay with 9pm instead. _____
2. Mike tells his friend, Jake, "I felt mad when you didn't answer your phone when I thought you would." _____
3. During an argument, Angelo tells his classmate to "stop talking". _____
4. Lena says to a classmate, "I understand you want help on the project, but I'm not comfortable giving you the answers." _____
5. Greg disagrees with his partner on how to complete their project. Greg thinks his partner is wrong but listens to his side anyway. _____
6. Molly is arguing with her mother about completing homework. Molly tells her, "I'll do it only if you get me ice cream". _____

Name: _____

date: _____

I Statements

A big part of being assertive is confidently communicating your needs to others. I-statements are a great way to do that. I-statements are statements that begin with "I feel". They target the individual speaking and don't place blame elsewhere. I-statements must include your emotions, the behavior or situation that comes before your emotions, and the effect on you.

Here are some examples of I-statements:

"I feel angry when I raise my hand and don't get called on because I always forget right away."

emotion

behavior/situation

effect

"I feel upset when it is math time because I don't understand half of the math anyway."

emotion

behavior/situation

effect

Practice — Try to fix each of the follow statements into better I-statements:

1. "You make me mad when you tell me to clean my room." _____

2. "If she says one more mean thing to me, I'm going to blow up." _____

3. "I'm not doing my homework. I hate it and it doesn't make sense." _____

"I'm tired of Mrs. Watson telling me what to do. I don't have to listen to her." _____

5. "You didn't help me at all on the science lab. I'm never working with you again!" _____

Name: _____

date: _____

Understanding the Situation (Perspective)

Getting angry (or feeling any emotion) is all a matter of perspective. Consider the situation:

Martha is really excited about a friend's birthday party. She heard from another friend that Lisa was handing out invites today at lunch. Martha couldn't wait and was very exciting, knowing that the party would be a good time. When lunch came around, though, Martha sees all her other friends getting invites and talking. There is no invite for Martha. Lisa even walks right by her without saying anything. Martha is furious at Lisa, and feels hurt emotionally that she wouldn't be invited. Martha considers confronting Lisa and telling her she's a horrible person, but decides to keep to herself instead. The next day, Lisa runs up to Martha with an invite to the party. "Martha, I didn't see you yesterday. Here's your invite. Do you think you could come early and help me decorate for the party, too? It's going to be a blast". Martha instantly feels relieved and is so glad she didn't confront Lisa.

In that scenario, Martha got angry without considering another perspective, that maybe Lisa forgot, didn't see her, or was planning to give the invite to her at another time. There are always at least two (and often several) possibilities or perspectives for every situation.

Consider the situations below. Identify at least two possible perspectives for each.

1. Tim got his test back from Mr. Grimes and it said 60%. Tim thought there was no way he could get that low of a grade since he studied so much.





2. Peggy heard a rumor at lunch that Samantha was talking about her behind her back.

3. Kevin woke up and expected his parents to say happy birthday to him, but no one did. It was like everyone forgot about him.





4. Monique passed a group of students in the hallway. As she passed them, they all started laughing.

Name: _____

date: _____

Avoiding Words that Hurt

When you are angry, it's easy to get carried away and blame someone else. Even if you feel like it is someone else's fault, it's still not okay to use words that are hurtful. Hurtful words never really solve anything. They just add fuel to the fire to make the situation worse.

Here are some strategies to avoid words that hurt.

Say silly words to yourself to avoid saying mean comments or swears. Silly words can be made up like "bipidity" "megamalley". Just complete gibberish words work. Give it a try. It's kind of fun.

Use an I-statement to express your feelings but focus on YOURSELF, not the other person. Remember that I-statements are something like, "I feel angry when people interrupt me when I'm talking because I think it's unfair". Try making an I-statement now.

Leaving the situation entirely. If you KNOW you are getting heated and might be on the verge of saying something you'll regret, just exit from the situation. You might say, "I need space" or "I need a few minutes to myself".

Stop talking and just listen. Sometimes angry words come out on reflex when you are just talking and talking. Stop yourself from talking for a few minutes and just listen to what the other person has to say. Then, you can respond with, "So what I'm hearing is..."

Why is it important to avoid words that hurt when you are mad?

Name: _____

date: _____

Living With Anger & Frustration

If you are living with a high level of anger and frustration in your life, you know it's not easy. The good news is that there are strategies to help you stay calm and more de-stressed throughout your daily life. Consider trying the strategies on a regular basis:

1 Exercise. Research shows that regular exercise (about 3-4 times per week) helps regulate stress levels in your body. This can reduce your anger and frustration, as exercise can be a very positive outlet. Exercising can be simple — from walking the dog, playing sports with friends, or riding your bike, all forms of exercise will help regulate your anger and stress levels.

2 Sleep. It makes sense that extra sleep would help you feel better, but it's a common thing that kids skip out on. Children and young adults should be getting 7-9 hours of sleep each night. Make sure your electronics are out of your room at night, too, so you can get a good night's rest.

3 Positive Thinking. Pushing yourself to see the bright side of things can have very positive consequences in your life. With a more positive outlook, you will be less likely to feel frustrated and overwhelmed. Try to use positive self talk and give yourself praise, rather than bringing yourself down.

4 Doing things you enjoy. Spend time every day doing something that you really love. If you like reading, make time for a chapter. If you enjoy sports, make sure to fill your time with a game or practice.

5 Socialize. Spending time with friends can give you a special sense of belonging that will help take away your stress. If you're not sure where to start, consider getting involved in some way, like joining a club or sport.

Response: What would be your top strategies to help you de-stress? Which do you think you could stick with?

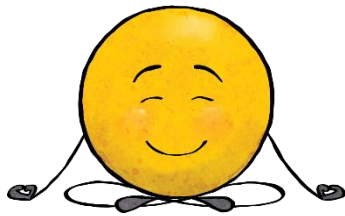
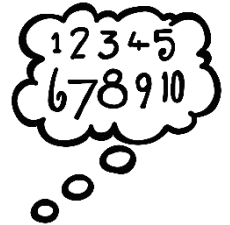
Name: _____

date: _____

Strategies for "In the Moment"

Read through each of the strategies. Then, practice them while you are NOT mad. Since you won't be thinking perfectly clearly when you become agitated, it's important to just try them first when you are calm.

#1 Count to 10. Counting to at least 10 (slowly) will help your brain pause and think through the situation. Remember that when you are angry, your brain is not thinking clearly. Just an extra 10 seconds will help you think better.



#2 Breathe slowly. When you get mad, your heart races and a powerful hormone called adrenaline is pumping through your body. It gets you worked up quickly. Breathing slowly can help you calm yourself back down. You may need to do this for several minutes.

#3 Close your eyes and visualize a happy place. Maybe it's the beach, your favorite skate park, the baseball field, your pool, or anything else that brings you comfort. Close your eyes and pretend you are there. This will help calm you down and give you time so you don't explode with anger.



#4 Ask to leave and get a drink. Leaving to get a drink serves several purposes. Moving is helpful to calm your body down. You are also removing yourself from a bad situation. Separation can help you become less heated. Finally, drinking water helps hydrate your body and brain and can help you think more clearly.

#5 Exercise or move if you can. If you are walking, make it a quick walk. If possible, go to the water fountain farthest away so you can more of a movement break (make sure your teacher is okay with this first).



Name: _____

date: _____

Strategies for "in the Moment"

Take time to practice each strategy. Then, write how it made you feel!

Strategy	How I Felt
#1 Counting to ten	
#2 Breathing slowly	
#3 Visualizing a happy place	
#4 Getting a drink	
#5 Taking a walk or exercising	

Name: _____

Date: _____

Coping Strategies

Coping strategies are activities we can do to help us feel calmer when we start to get upset. Read through the list of strategies and highlight the strategies that you think would help you!

- | | |
|------------------------------------|-----------------------------------|
| 1. Take deep breaths | 29. Draw a picture |
| 2. Do a positive activity | 30. Color a coloring page |
| 3. Play sports | 31. Clean something |
| 4. Think of something funny | 32. Meditate |
| 5. Take a quick walk | 33. Use a stress ball |
| 6. Practice yoga | 34. Dance |
| 7. Stand up and stretch | 35. Write a letter |
| 8. Listen to music | 36. Look at pictures you've taken |
| 9. Take a time out | 37. Make a gratitude list |
| 10. Slowly count to ten | 38. List your positive qualities |
| 11. Use positive self-talk | 39. Do something kind |
| 12. Say something kind to yourself | 40. Give someone a hug |
| 13. Talk to a friend | 41. Put a puzzle together |
| 14. Talk to an adult | 42. Do something you love |
| 15. Close your eyes and relax | 43. Build something |
| 16. Say, "I can do this" | 44. Play with clay |
| 17. Visualize your favorite place | 45. Hug a stuffed animal |
| 18. Think of something happy | 46. Rip paper into pieces |
| 19. Think of a pet you love | 47. Play an instrument |
| 20. Think about someone you love | 48. Watch a good movie |
| 21. Get enough sleep | 49. Take pictures |
| 22. Eat a healthy snack | 50. Garden |
| 23. Read a good book | 51. Write a list |
| 24. Set a goal | 52. Keep a positive attitude |
| 25. Jog in place | 53. Schedule time for yourself |
| 26. Write in a journal | 54. Blow bubbles |
| 27. Hum your favorite song | 55. Write a positive note |
| 28. Doodle on paper | 56. Chew gum |

Name: _____

date: _____

Coping Strategies (continued)

- | | |
|---------------------------------|---|
| 57. Paint your nails | 79. Use a relaxation app |
| 58. Write a story | 80. Watch a funny video |
| 59. Blog | 81. Drink some tea |
| 60. Read a joke book | 82. Cook or bake |
| 61. Write a poem | 83. Plan a fun trip |
| 62. Drink cold water | 84. Use an I-statement |
| 63. Draw cartoons | 85. Identify your emotions |
| 64. Read a magazine | 86. Express your feelings to someone |
| 65. Write a thank you note | 87. Write down your thoughts |
| 66. Count to 100 | 88. Identify a positive thought |
| 67. Make a list for the future | 89. Make your day's schedule |
| 68. Read inspirational quotes | 90. List 10 positives about you |
| 69. Compliment yourself | 91. Ask yourself, "What do I need right now?" |
| 70. Visualize a stop sign | 92. Tell someone you are thankful for them |
| 71. Laugh | 93. Pet an animal |
| 72. Smile in the mirror | 94. Make a list of choices |
| 73. Smile at others | 95. Ask an adult for help |
| 74. Do schoolwork | 96. Organize something |
| 75. Look at animal pictures | 97. Play a card game |
| 76. Hyperfocus on an object | 98. Listen to nature sounds |
| 77. Notice 5 things you can see | 99. Sit and relax all your muscles |
| 78. Paint with water colors | 100. Ask for a break |

Can you think of any more?

Name: _____

date: _____

Stop Sign Visual

When you begin noticing that you are getting angry, picture a stop sign. The stop sign visual will help you remember to STOP and take a minute to THINK before you get too angry and do something you might regret.



How might the Stop Sign help you? Do you think it will be a helpful strategy? Why or why not?
What are some ways you could make it a successful strategy?



STOP

and

THINK

Name: _____

date: _____

Calm Down Box

A "calm down box" is a great tool to help you reduce your stress and anger levels in a positive way. It's a box that will contain several items that bring you happiness and comfort. After gathering the items, place them in a box, cubby, or basket that is specifically just for you. Keep it in a place where you can get to it when you're feeling agitated. If you need two for home and school, that's okay.

Here is a list of several items that you could add to your Calm Down Box. Remember, this box is for YOU so you may need to think of some items of your own. Check off which items you will add to help you plan.

- | | |
|--|--|
| <input type="checkbox"/> Pictures of family, friends, or pets | <input type="checkbox"/> Journal to write in |
| <input type="checkbox"/> Your favorite book or magazine | <input type="checkbox"/> Crayons and other drawing items |
| <input type="checkbox"/> A card or letter from someone special | <input type="checkbox"/> Bubbles |
| <input type="checkbox"/> A picture you drew | <input type="checkbox"/> Positive notes to yourself |
| <input type="checkbox"/> A school assignment that you are proud of | <input type="checkbox"/> _____ |
| <input type="checkbox"/> A favorite toy or game | <input type="checkbox"/> _____ |
| <input type="checkbox"/> A stuffed animal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> A picture or item to represent your favorite sport or sports team | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Playdough or putty | |
| <input type="checkbox"/> Stress ball | |

After gathering the items, you can also decorate the outside of your box to make it personalized and special just for you.



Name: _____

date: _____

Time Out — Not Just for Little Kids

Sometimes people think of time out as a punishment for little toddlers, but research has shown it has positive effects for all age groups, even adults. Time out is a positive way to remove yourself from a situation that is bringing up feelings of anger. Sometimes if you stay in the situation, it becomes impossible to bring yourself back down to calm and the situation gets worse. Taking a personal time out is a VERY positive way to acknowledge that you need space and time so that you can make better choices.

Steps to Planning a Time Out Strategy:

~ Decide a good location for the time out. You might need to set up a special room or spot in the classroom or house. It's important that everyone agrees that it's your "time out" space so that you can have privacy when you're there.

~ Agree on a time out code word or statement. You'll need a way to signal that you need to go to time out. It could be "I need space" or pointing to the clock. You need a way to signal to an adult that you need a time out space.

~ Set up time out rules. How long should you stay? Should someone ask if you need help or would you rather no one talks to you? Set up these rules ahead of time so there are no misunderstandings.

~ Don't abuse the strategy. If you take advantage and use the time out too frequently or always during independent work, your teachers and the adults around you will wonder if you are trying to get out of work. Use it when you need it.

How could taking a time out help you?



Name: _____

date: _____

Time Out Planning Sheet

Time Out Location: _____

Word, Statement, or Signal to Tell You Need a Time Out: _____

Time Out Rules & Expectations:

Time Limit Before Checking Back In: _____

Other: _____

Strategies to Use in Time Out to Calm Down:

☐ Slow Breathing

☐ Visualizing Positive Place

☐ Journal Writing

☐ Comfort Box

☐ Counting to Ten

☐ _____

☐ _____

☐ _____

Signatures:

Time Out Pass

"I need a time out break
right now".

Time Out Pass

"I need a time out break
right now".

Time Out Pass

"I need a time out break
right now".

Time Out Pass

"I need a time out break
right now".

Time Out Pass

"I need a time out break right now".

Permission given by:

Time Out Pass

"I need a time out break right now".

Permission given by:

Time Out Pass

"I need a time out break right now".

Permission given by:

Time Out Pass

"I need a time out break right now".

Permission given by:

Name: _____

date: _____

I'm Mad Journal

First thoughts why I'm mad: _____

I-statement ("I feel ____ when _____ because _____): _____

Consider the other person's perspective: _____

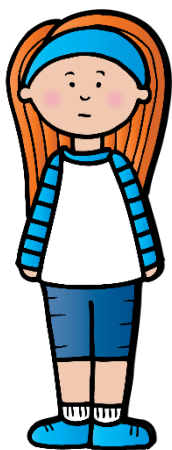
Possible solutions for the problem: _____

Name: _____

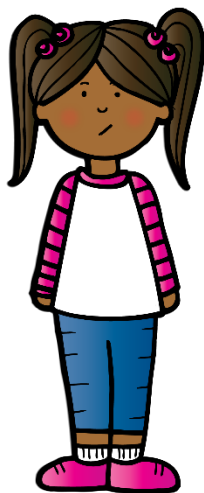
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No Words Communication Sheet

I feel...



Calm



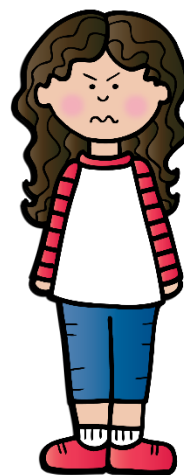
Worried



Sad



Mad



Very
Angry

I need...

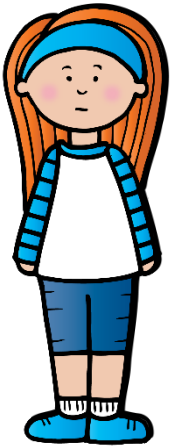
A time out break	Personal space	A drink of water	A snack
A bathroom break	Quiet	To talk to an adult	To write in my journal
My calm box	Help from an adult	5 minutes to myself	To work by myself

Name: _____

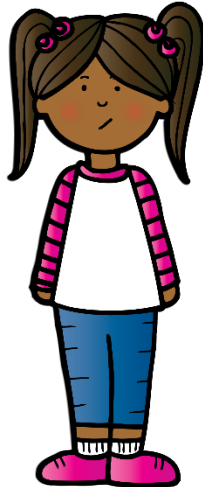
date: _____

No Words Communication Sheet

I feel...



Calm



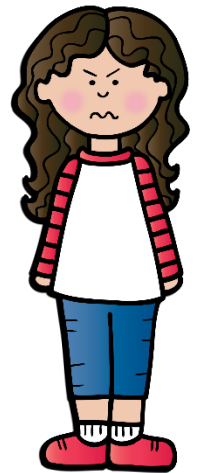
Worried



Sad



Mad



Very
Angry

I need...

Name: _____

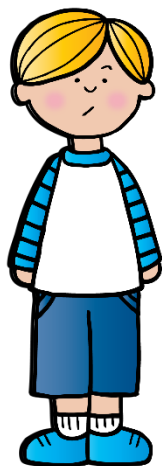
date: _____

No Words Communication Sheet

I feel...



Calm



Worried



Sad



Mad



Very
Angry

I need...

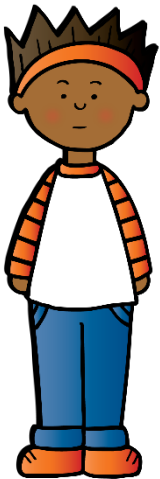
A time out break	Personal space	A drink of water	A snack
A bathroom break	Quiet	To talk to an adult	To write in my journal
My calm box	Help from an adult	5 minutes to myself	To work by myself

Name: _____

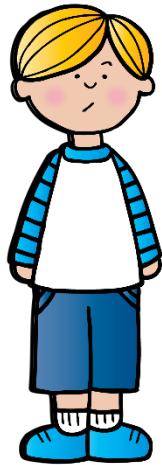
date: _____

No Words Communication Sheet

I feel...



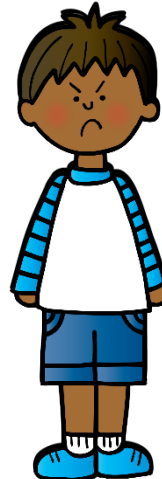
Calm



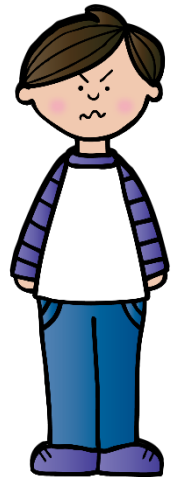
Worried



Sad



Mad



Very
Angry

I need...

Name: _____

date: _____

Fixing What is Broken

Sometimes when we get angry, we do things we don't mean or things we later come to regret. This might include damaging or breaking property, making a mess, or saying mean comments to others. While the goal is to avoid these mishaps altogether, they do happen from time to time in the heat of the moment.

Once you have made a mistake like this, you'll need to "fix what is broken" after you've calmed down. Sometimes that is not easy because you still might feel angry inside about something. It's important to repair your relationships, though.

It's really simple. If you broke something, try to fix it or offer to replace it. If you made a mess with materials or supplies, pick them up. And finally, if you said some hurtful words to someone else, apologize. Apologizing means telling the person you are sorry for something you said or did in a meaningful tone of voice. For example, "Mrs. Stone, I'm sorry that I said I hated your class. I didn't really mean it. I was angry at the time because I have a hard time doing the math work."

Read the scenarios below and determine how each person can "fix what is broken".

1. Mrs. Lewis gave Noah a detention. On the way out of her room, he knocked over her stack of books by the door.

2. Marisa had been fighting with her best friend Sarah. Marisa texted her and told her that she was ugly and no one would ever want to be her friend.

3. Emily felt like her partner in history wasn't listening to her. She took her partner's pencil and snapped it in half before asking to go to the bathroom.

4. Alex raised his hand for help in science. The teacher walked by him and went to another student. Alex crumpled up his assignment and tossed it in the trash. The rest of the class laughed.

Name: _____

date: _____

Problem Solving Plan A

What is the problem?

What are other possible perspectives to consider?

Describe what coping strategies you can use when you get angry:

How can you help fix the problem?

What will your next step be?

Name: _____

date: _____

Problem Solving Plan B

What is the problem? _____

What are other perspectives for the problem? _____

Coping Strategies:

- ☐ Walk away
- ☐ Slow breathing
- ☐ Use self-talk
- ☐ Take a time out
 - ☐ Count to 10
 - ☐ Use an I-statement
- ☐ _____
- ☐ _____

What coping strategies will you use when you get angry next time?

What are possible solutions for the problem?

Which solution will you choose? What are your specific plans of action?

Name: _____

date: _____

Reflection Sheet I

How did you feel? Use an I-statement (I felt...)

What actions or behaviors did you do after feeling this way?

What strategies can you better use if this happens again?

What, if anything, do you need to "fix that is broken"? What will you do?

Name: _____

date: _____

Reflection Sheet 2

How did you feel? Use an I-statement (I felt...)

What actions or behaviors did you do after feeling this way?

What did I do well?

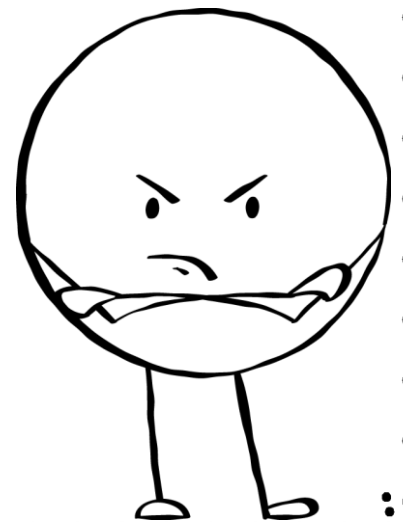
What can I improve for next time?

Black & White Version

Helping with Anger & Frustration - Tips for Adults

When dealing with children and young adults who have difficulties controlling anger, consider these useful tips and tricks:

1. Stay calm. Anger feeds anger, so if you get upset when the child is acting out, it will only make things worse. You need to keep your cool in any way possible to de-escalate the situation.
2. Model positive anger management strategies consistently. You might say, "Wow, that really made me angry when that person cut me in line, but I didn't say anything because I didn't need to make a scene and upset others."
3. Identify the warning signs. Consider whether the child's tone of voice changes, they begin to clench their fists, or they begin to argue. Notice these warning signs right away so that you can help the child identify them and intervene with positive outlets, as needed.
4. Consider the child's point of view. Think about why the child is mad in the first place. Remember that feeling angry is a way of expressing emotions and communicating needs.
5. Use compromise as a tool. Don't think of compromise as giving in. Instead, it's a way to get what both you and the child need, while teaching the child positive skills. If you know that math work is a trigger for the child, you can say, "I know you have a hard time with this. Instead of the whole thing, what about if you choose ten problems?"
6. Don't send the child away alone. While taking a break or a time out is a great way to help kids de-stress and allow feelings of anger to subside, it's important to let the child know you're there for support. Just a simple, "I'm here when you need me," is sometimes enough.
7. Have empathy. Imagine how difficult it must be for a child or young adult to struggle with controlling their own emotions. Remember that you are there to help teach the child strategies to help them as they grow.



Name: _____

date: _____

Anger Quiz — True or False

Test your own anger knowledge with this quick and easy true or false assessment.
Circle true or false for each of the questions.

- | | | |
|--|------|-------|
| 1. You can control your anger. | True | False |
| 2. Anger is a normal emotion. | True | False |
| 3. Ignoring your anger helps it go away. | True | False |
| 4. Anger can often be related to stress levels. | True | False |
| 5. Anger management skills are developed in the brain before you are born. | True | False |
| 6. Acting out in anger can sometimes help you fix problems. | True | False |
| 7. Venting is a healthy way to let out your anger. | True | False |
| 8. Holding in your feelings of anger can be dangerous. | True | False |
| 9. Anger management skills are best learned when you are not angry. | True | False |
| 10. Everyone has the same triggers for anger. | True | False |

Name: _____

date: _____

Anger Quiz — Answers

1. You can control your anger. — True.
With practice, you can learn strategies that will help you better manage and control your anger. It is easier or more difficult for some, but it is definitely something you CAN control.
2. Anger is a normal emotion. — True.
Anger is a very normal emotion that all humans feel. We feel it to varying levels at different times.
3. Ignoring your anger helps it go away. — False
Ignoring might help temporarily but it doesn't fix or solve the problem that caused you to be angry in the first place. Ignoring is not a permanent strategy for solving anger.
4. Anger can often be related to stress levels. — True
There is a big connection between your stress level and how angry or irritable you feel. Learning to manage your stress only helps you with managing your anger.
5. Anger management skills are developed in the brain before you are born. — False
While we are all born with the ability to feel anger, we are not born with the mechanisms to manage it. We learn these through interactions with others and the role models (people) around us.
6. Acting out in anger can sometimes help you fix problems. — False
Sometimes getting a little angry about something does help motivate you to want to solve a problem, but acting out in anger never fixes problems. In fact, it typically makes things worse.
7. Venting is a healthy way to let out your anger. — False
Research has found that venting and letting your anger out all at once is actually unhealthy and causes more problems with anger spiraling out of control. Too much at once is not a good thing.
8. Holding in your feelings can be dangerous. — True
Just like too much anger is a bad thing, holding it all in is not healthy either. This will just cause you to "blow up" once all that anger builds up. The key is dealing with the triggers that cause you to get angry in the first place.
9. Anger management skills are best learned when you are not angry. — True
Skills for managing anger need to be learned when you are calm and cool-headed.
10. Everyone has the same triggers for anger. — False
We are all different and we all have different triggers. Some might get angry with loud music or noise, while others find it relaxing. Our triggers are unique, just like we are.

Name: _____

date: _____

What is Anger?

Anger is a completely natural and normal emotion. We all get angry sometimes. Even adults might get mad if someone cuts them in line, if someone says something mean to them, or something ruins their plans. The problem with anger arises when we deal with our emotions in ways that can hurt others and the environment around us.

Anger also has a wide range from being annoyed to frustrated to feeling rage. Anger can be a very strong emotion. When it overcomes us, it can interrupt our thinking and cause us to make impulsive decisions. Examples of this could be yelling, hitting, kicking, and saying things that could hurt others. Many of these actions are things we wouldn't do if we could think straight. Often after making such decisions, you might even think to yourself, "Wow, that was a bad decision", but sometimes it's very difficult to stop the anger in the moment.

It's important to note that we aren't born with the skills to manage our own anger and emotions. Many of us might learn them from a young age — watching our parents, siblings, and others around us modeling how they deal with their emotions. Sometimes, though, it is difficult to learn these skills on our own and we might need extra practice and strategies to help us.

Think about the follow questions:

- What are some things that make you angry?
- What do you do when you're angry?
- Do you feel "in control" when you're angry?
- How do you think you can help yourself feel better when you're angry?



Name: _____

date: _____

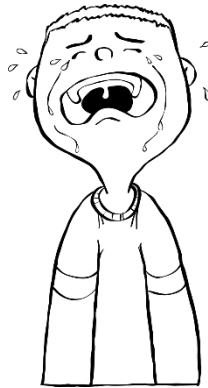
Verbalizing Your Feelings

Sometimes anger can be a way to hide other emotions, like feeling sad, guilty, embarrassed, or disappointed. Because of this, recognizing and verbalizing your feelings is an important first step to learning to manage your anger over time. Verbalizing your feelings just means being able to express them out loud, to yourself and to others if you need help in solving any problems.

Consider each of the feelings below. Discuss when you have felt the emotion and how you reacted. Start each feeling by saying, "I felt _____ when..."



CONFUSED



SAD

DISAPPOINTED



SURPRISED



WORRIED



EMBARRASSED



Name: _____

date: _____

Understanding the Reasons for Anger

Anger is a real and natural emotion that has helped humans survive for over thousands and thousands of years. There are real reasons to feel angry. Remember that it is okay to feel angry; everyone feels angry sometimes. It's just how you react with that anger that makes a difference.



Let's consider some reasons for anger.

- **Feeling Threatened** — If you or someone you care about (like a family member or friend) feels threatened, it is easy to feel angry right away.
- **Being Treated Unfairly** — No one likes to be treated unfairly. Sometimes it is being blamed for something you didn't do, while other times it is not getting attention when you want it. If you feel like someone has not treated you fairly or equally, it could make you upset.
- **Feeling Disappointed By Others or in Ourselves** — Feeling let down can lead to some strong emotions of sadness or anger. This is especially true when you are depending on someone for something and they don't follow through. Similarly, sometimes you might expect something out of yourself, like winning a soccer game or getting a good grade on a test. When you don't meet that standard, you can sometimes get angry.
- **Feeling Hurt Emotionally** — Emotional pain can sometimes be worse than physical pain. If someone says something that hurts your feelings or damages your self-esteem, you might feel sad or angry quickly.
- **Feeling like You're Not Being Listened To** — If someone doesn't give you what you need or want, you might feel that you're not being listened to or acknowledged.

NOTE: Remember that feeling angry (or any emotion) has everything to do with perspective. For example, maybe someone really is not treating you unfairly but you FEEL like they are. Similarly, someone might say something that you consider to be a mean put-down, even though they didn't mean it that way. If you feel angry for any reasons, it's still important to really consider why before you can solve the problem.

Response: What are some reasons you have been mad recently (without listening specific names)?

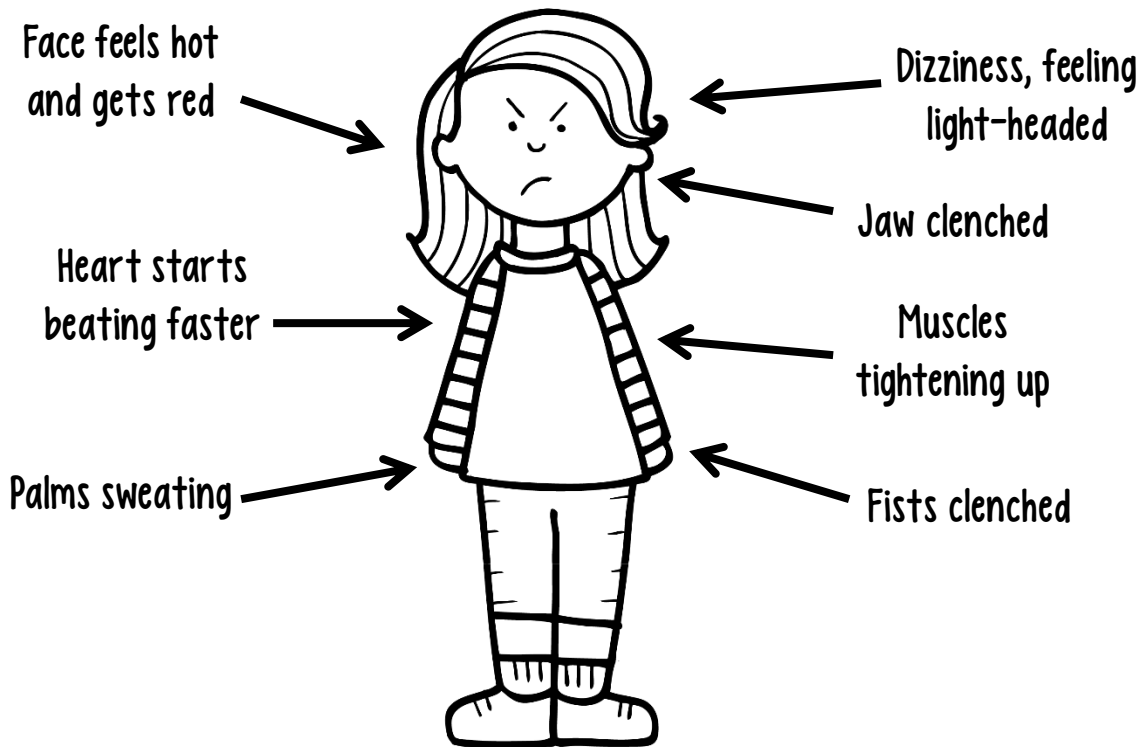
Name: _____

date: _____

Noticing the Physical Effects of Anger

Can you tell when you are getting angry? It's important to notice the effects of your anger right away. Once you can do this well, you can learn how to stop yourself and make a positive choice that will help you better control how you react when angry. Since we're all different, some of the effects of anger might be different for every person.

View the diagram and consider each of the effects of anger. Circle effects that you notice happen to you. To help, consider the most recent time you were angry and try to remember what it felt like.



How does your body react when you get angry? How can you tell when you are starting to feel angry?

Name: _____

date: _____

Anger Ground Rules

It's important to lay the ground rules for what's okay and not okay when you are feeling calm and level-headed. Make a list with behaviors and actions that are "okay" and "not okay". The list below is an idea for behaviors you can list in the boxes. You can use them but you don't need to use them all.

What's Okay	What's Not Okay

Possible Ideas:

Yelling	Crying	Hitting	Leaving the room	Taking a walk
Reading	Listening to music		Asking for help	Getting a drink
Taking a break	Pushing		Damaging items/property	Say that you're mad

Name: _____

date: _____

Anger Ground Rules - Contract

List the behaviors you have agreed upon for being acceptable or not acceptable when feeling angry. Complete the form by signing below.

What's Okay	What's Not Okay

Signatures:

Name: _____

date: _____

Identifying Your Triggers

What makes you upset, irritated, or angry? Sometimes you can't predict situations that will cause you to feel angry, but many times you can identify specific triggers. Identifying your triggers will help you really understand why you are angry in the first place.

Think of times you've felt irritated, angry, or upset. These are the times that you maybe felt your heart racing, your jaw clenching, muscles tightening, and all of those other physical symptoms you experience during anger. These times will help you identify your anger triggers.

Go through the list below, checking off your triggers. There is space to add your own. You can add extra information on each trigger, too, that may help explain when and why you get angry.

Check Your Triggers	Trigger	Other important information — Where does it happen? When does it happen?
	Failing or not doing well at something	
	Being told what to do	
	Feeling left out	
	Feeling embarrassed	
	Someone doesn't listen to you	
	Someone threatens you or someone you care about	
	Someone doesn't agree with you	
	Someone accuses you of something (sometimes it's something you did not do)	

Name: _____

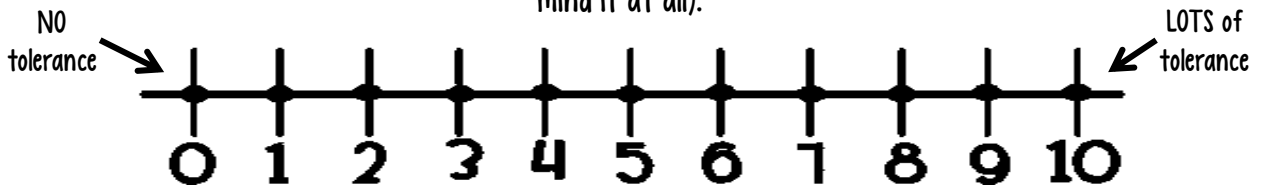
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What's Your Tolerance Level?

We all have different tolerance levels for situations, people, and events. Have you ever heard someone clicking a pen over and over? Does it drive you crazy? For some people, it really does, while others might not mind or even find it relaxing. That is your tolerance level.

Understanding your personal tolerance level is important to reducing your anger in certain situations. For example, if you find that you have little tolerance for loud music and it makes you feel angry, you should understand that going to a concert might annoy you. Of course, tolerance levels can change over time, too.

With a partner, discuss each of the situations. Identify your tolerance level from 0 to 10, with 0 meaning you have NO tolerance from something (get annoyed quickly) and 10 meaning you have lots of tolerance (and don't mind it at all).



	YOUR Tolerance Level	Your Partner's Tolerance Level
Crowded rooms and spaces with lots of people		
Children crying or screaming		
Loud music		
Getting a bad grade		
Knowing that someone lied to you		
A messy space		
Noisy food chewers		
Technology doesn't work		

*Discuss: What did you notice about the differences between you and your partner? What does this tell you about yourself? Were there any surprises? What other categories could you discuss?

Name: _____

date: _____

Anger Scale

Anger doesn't have just one note. There are several different levels of feeling angry, from high to low. List the words on the anger scale with 1 being a little angry and 10 being extremely angry.

This will give you vocabulary and a number level to use when you are feeling angry.

Mad	Irritated	Ticked off	Heated	Upset
Irked	Furious	Enraged	Irate	Frustrated
Livid	Aggravated	Annoyed	Fuming	Bothered
Outraged	Distressed	Wrathful	Agitated	Bugged

10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

Name: _____

date: _____

Anger Behavior Contract

When I feel angry, I can choose a strategy to help me stay calm:

☐ Take a walk

☐ Ask for a drink

☐ Use my calm down box

☐ Ask to be alone

☐ _____

☐ _____

☐ Use a fidget

☐ Ask for a break

☐ Practice deep breathing

☐ Listen to music

☐ _____

☐ _____

I agree that I will:

☐ Keep my hands and feet to myself

☐ Use appropriate words

☐ Keep my volume down or from talking

☐ Respect my classmates' and teachers' personal space

☐ _____

☐ _____

If I feel like I can't control my anger, I will tell my teacher that I need help.

My special code word for help will be: _____

Signatures:

Name: _____

Date: _____

Assertive vs. Aggressive

If you know that you need something or having a problem that needs to be solved, it's good to be assertive. That means communicating with others in a confident way that expresses your needs and concerns. While you DO want to be assertive, you DON'T want to be aggressive. Read through the table to determine the difference between assertive and aggressive behavior.

Being Assertive Means...	Being Aggressive Means...
<ul style="list-style-type: none">• Using I-statements to clearly verbalize feelings• Using a calm tone of voice when speaking to others• Negotiating your needs, when necessary• Explaining problems and helping come up with a solution• Taking a stand on an issue or concern, but still listening and acknowledging the points of views of others	<ul style="list-style-type: none">• Making "you" statements that put blame on others• Threatening or physically hurting others• Making mean comments and put downs• Not listening or acknowledging the other side of the argument• Manipulating others to get what you want ("if you don't _____, then I'll _____")• Damaging or threatening to damage property of others

Read through each scenario. Determine if the person is being assertive or aggressive.

1. Maria wants to stay out until 10pm but her mom wants her home at 8pm. Maria asks if her mom would be okay with 9pm instead. _____
2. Mike tells his friend, Jake, "I felt mad when you didn't answer your phone when I thought you would." _____
3. During an argument, Angelo tells his classmate to "stop talking". _____
4. Lena says to a classmate, "I understand you want help on the project, but I'm not comfortable giving you the answers." _____
5. Greg disagrees with his partner on how to complete their project. Greg thinks his partner is wrong but listens to his side anyway. _____
6. Molly is arguing with her mother about completing homework. Molly tells her, "I'll do it only if you get me ice cream". _____

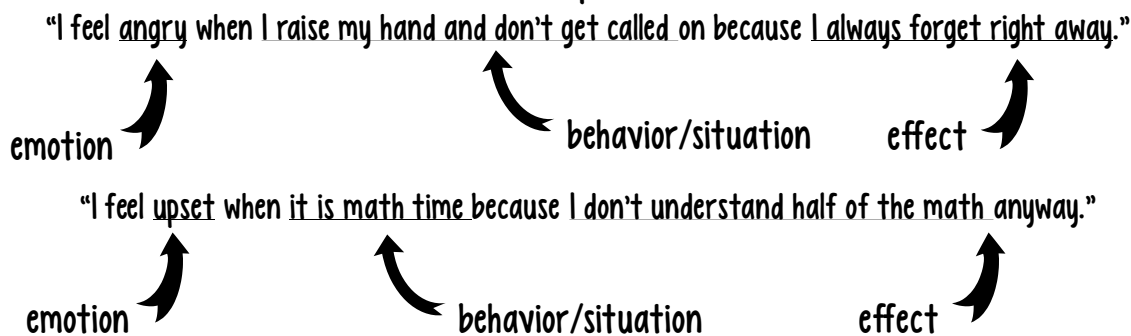
Name: _____

date: _____

I Statements

A big part of being assertive is confidently communicating your needs to others. I-statements are a great way to do that. I-statements are statements that begin with "I feel". They target the individual speaking and don't place blame elsewhere. I-statements must include your emotions, the behavior or situation that comes before your emotions, and the effect on you.

Here are some examples of I-statements:



Practice — Try to fix each of the follow statements into better I-statements:

1. "You make me mad when you tell me to clean my room." _____
2. "If she says one more mean thing to me, I'm going to blow up." _____
3. "I'm not doing my homework. I hate it and it doesn't make sense." _____
4. "I'm tired of Mrs. Watson telling me what to do. I don't have to listen to her." _____
5. "You didn't help me at all on the science lab. I'm never working with you again!" _____

Name: _____

date: _____

Understanding the Situation (Perspective)

Getting angry (or feeling any emotion) is all a matter of perspective. Consider the situation:

Martha is really excited about a friend's birthday party. She heard from another friend that Lisa was handing out invites today at lunch. Martha couldn't wait and was very exciting, knowing that the party would be a good time. When lunch came around, though, Martha sees all her other friends getting invites and talking. There is no invite for Martha. Lisa even walks right by her without saying anything. Martha is furious at Lisa, and feels hurt emotionally that she wouldn't be invited. Martha considers confronting Lisa and telling her she's a horrible person, but decides to keep to herself instead. The next day, Lisa runs up to Martha with an invite to the party. "Martha, I didn't see you yesterday. Here's your invite. Do you think you could come early and help me decorate for the party, too? It's going to be a blast". Martha instantly feels relieved and is so glad she didn't confront Lisa.

In that scenario, Martha got angry without considering another perspective, that maybe Lisa forgot, didn't see her, or was planning to give the invite to her at another time. There are always at least two (and often several) possibilities or perspectives for every situation.

Consider the situations below. Identify at least two possible perspectives for each.

1. Tim got his test back from Mr. Grimes and it said 60%. Tim thought there was no way he could get that low of a grade since he studied so much.





2. Peggy heard a rumor at lunch that Samantha was talking about her behind her back.

3. Kevin woke up and expected his parents to say happy birthday to him, but no one did. It was like everyone forgot about him.





4. Monique passed a group of students in the hallway. As she passed them, they all started laughing.

Name: _____

date: _____

Avoiding Words that Hurt

When you are angry, it's easy to get carried away and blame someone else. Even if you feel like it is someone else's fault, it's still not okay to use words that are hurtful. Hurtful words never really solve anything. They just add fuel to the fire to make the situation worse.

Here are some strategies to avoid words that hurt.

Say silly words to yourself to avoid saying mean comments or swears. Silly words can be made up like "bipidity" "megamalley". Just complete gibberish words work. Give it a try. It's kind of fun.

Use an I-statement to express your feelings but focus on YOURSELF, not the other person. Remember that I-statements are something like, "I feel angry when people interrupt me when I'm talking because I think it's unfair". Try making an I-statement now.

Leaving the situation entirely. If you KNOW you are getting heated and might be on the verge of saying something you'll regret, just exit from the situation. You might say, "I need space" or "I need a few minutes to myself".

Stop talking and just listen. Sometimes angry words come out on reflex when you are just talking and talking. Stop yourself from talking for a few minutes and just listen to what the other person has to say. Then, you can respond with, "So what I'm hearing is..."

Why is it important to avoid words that hurt when you are mad?

Name: _____

date: _____

Living With Anger & Frustration

If you are living with a high level of anger and frustration in your life, you know it's not easy. The good news is that there are strategies to help you stay calm and more de-stressed throughout your daily life. Consider trying the strategies on a regular basis:

1 Exercise. Research shows that regular exercise (about 3-4 times per week) helps regulate stress levels in your body. This can reduce your anger and frustration, as exercise can be a very positive outlet. Exercising can be simple — from walking the dog, playing sports with friends, or riding your bike, all forms of exercise will help regulate your anger and stress levels.

2 Sleep. It makes sense that extra sleep would help you feel better, but it's a common thing that kids skip out on. Children and young adults should be getting 7-9 hours of sleep each night. Make sure your electronics are out of your room at night, too, so you can get a good night's rest.

3 Positive Thinking. Pushing yourself to see the bright side of things can have very positive consequences in your life. With a more positive outlook, you will be less likely to feel frustrated and overwhelmed. Try to use positive self talk and give yourself praise, rather than bringing yourself down.

4 Doing things you enjoy. Spend time every day doing something that you really love. If you like reading, make time for a chapter. If you enjoy sports, make sure to fill your time with a game or practice.

5 Socialize. Spending time with friends can give you a special sense of belonging that will help take away your stress. If you're not sure where to start, consider getting involved in some way, like joining a club or sport.

Response: What would be your top strategies to help you de-stress? Which do you think you could stick with?

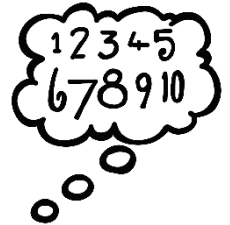
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date: _____

Strategies for "In the Moment"

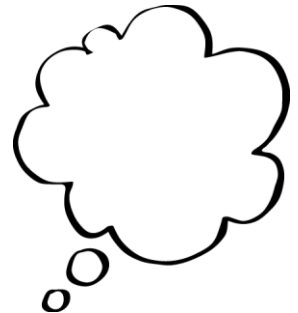
Read through each of the strategies. Then, practice them while you are NOT mad. Since you won't be thinking perfectly clearly when you become agitated, it's important to just try them first when you are calm.

#1 Count to 10. Counting to at least 10 (slowly) will help your brain pause and think through the situation. Remember that when you are angry, your brain is not thinking clearly. Just an extra 10 seconds will help you think better.



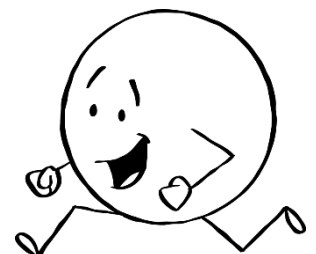
#2 Breathe slowly. When you get mad, your heart races and a powerful hormone called adrenaline is pumping through your body. It gets you worked up quickly. Breathing slowly can help you calm yourself back down. You may need to do this for several minutes.

#3 Close your eyes and visualize a happy place. Maybe it's the beach, your favorite skate park, the baseball field, your pool, or anything else that brings you comfort. Close your eyes and pretend you are there. This will help calm you down and give you time so you don't explode with anger.



#4 Ask to leave and get a drink. Leaving to get a drink serves several purposes. Moving is helpful to calm your body down. You are also removing yourself from a bad situation. Separation can help you become less heated. Finally, drinking water helps hydrate your body and brain and can help you think more clearly.

#5 Exercise or move if you can. If you are walking, make it a quick walk. If possible, go to the water fountain farthest away so you can more of a movement break (make sure your teacher is okay with this first).



Name: _____

date: _____

Strategies for "in the Moment"

Take time to practice each strategy. Then, write how it made you feel!

Strategy	How I Felt
#1 Counting to ten	
#2 Breathing slowly	
#3 Visualizing a happy place	
#4 Getting a drink	
#5 Taking a walk or exercising	

Name: _____

Date: _____

Coping Strategies

Coping strategies are activities we can do to help us feel calmer when we start to get upset. Read through the list of strategies and highlight the strategies that you think would help you!

1. Take deep breaths
2. Do a positive activity
3. Play sports
4. Think of something funny
5. Take a quick walk
6. Practice yoga
7. Stand up and stretch
8. Listen to music
9. Take a time out
10. Slowly count to ten
11. Use positive self-talk
12. Say something kind to yourself
13. Talk to a friend
14. Talk to an adult
15. Close your eyes and relax
16. Say, "I can do this"
17. Visualize your favorite place
18. Think of something happy
19. Think of a pet you love
20. Think about someone you love
21. Get enough sleep
22. Eat a healthy snack
23. Read a good book
24. Set a goal
25. Jog in place
26. Write in a journal
27. Hum your favorite song
28. Doodle on paper
29. Draw a picture
30. Color a coloring page
31. Clean something
32. Meditate
33. Use a stress ball
34. Dance
35. Write a letter
36. Look at pictures you've taken
37. Make a gratitude list
38. List your positive qualities
39. Do something kind
40. Give someone a hug
41. Put a puzzle together
42. Do something you love
43. Build something
44. Play with clay
45. Hug a stuffed animal
46. Rip paper into pieces
47. Play an instrument
48. Watch a good movie
49. Take pictures
50. Garden
51. Write a list
52. Keep a positive attitude
53. Schedule time for yourself
54. Blow bubbles
55. Write a positive note
56. Chew gum

Name: _____

date: _____

Coping Strategies (continued)

- | | |
|---------------------------------|---|
| 57. Paint your nails | 79. Use a relaxation app |
| 58. Write a story | 80. Watch a funny video |
| 59. Blog | 81. Drink some tea |
| 60. Read a joke book | 82. Cook or bake |
| 61. Write a poem | 83. Plan a fun trip |
| 62. Drink cold water | 84. Use an I-statement |
| 63. Draw cartoons | 85. Identify your emotions |
| 64. Read a magazine | 86. Express your feelings to someone |
| 65. Write a thank you note | 87. Write down your thoughts |
| 66. Count to 100 | 88. Identify a positive thought |
| 67. Make a list for the future | 89. Make your day's schedule |
| 68. Read inspirational quotes | 90. List 10 positives about you |
| 69. Compliment yourself | 91. Ask yourself, "What do I need right now?" |
| 70. Visualize a stop sign | 92. Tell someone you are thankful for them |
| 71. Laugh | 93. Pet an animal |
| 72. Smile in the mirror | 94. Make a list of choices |
| 73. Smile at others | 95. Ask an adult for help |
| 74. Do schoolwork | 96. Organize something |
| 75. Look at animal pictures | 97. Play a card game |
| 76. Hyperfocus on an object | 98. Listen to nature sounds |
| 77. Notice 5 things you can see | 99. Sit and relax all your muscles |
| 78. Paint with water colors | 100. Ask for a break |

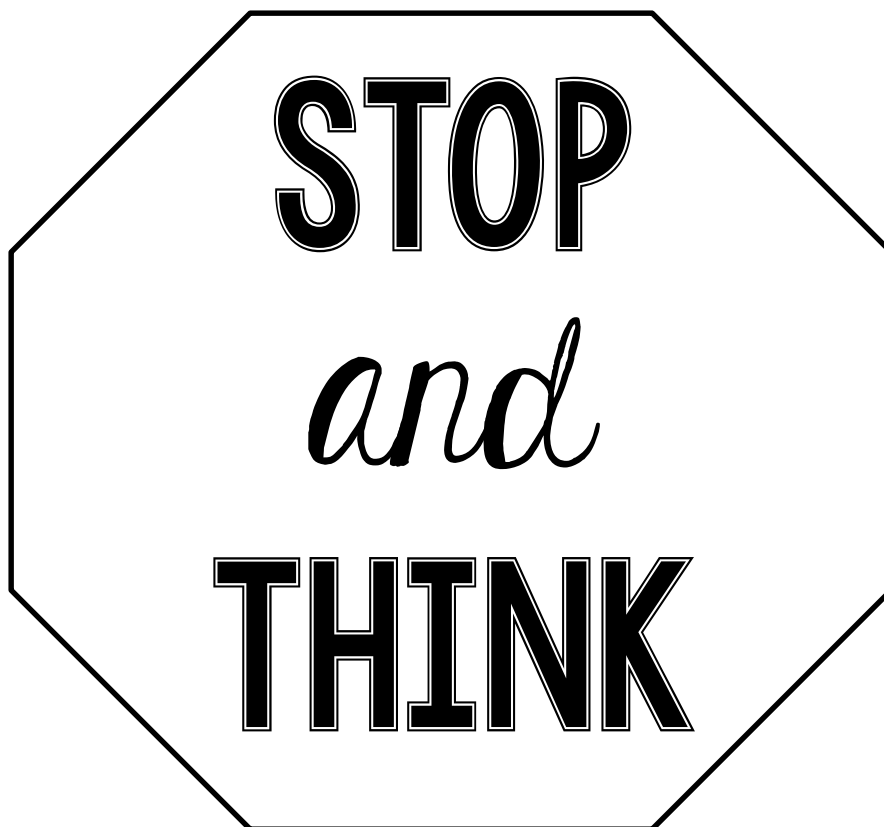
Can you think of any more?

Name: _____

date: _____

Stop Sign Visual

When you begin noticing that you are getting angry, picture a stop sign. The stop sign visual will help you remember to STOP and take a minute to THINK before you get too angry and do something you might regret.



How might the Stop Sign help you? Do you think it will be a helpful strategy? Why or why not?
What are some ways you could make it a successful strategy?



STOP

and

THINK

Name: _____

date: _____

Calm Down Box

A "calm down box" is a great tool to help you reduce your stress and anger levels in a positive way. It's a box that will contain several items that bring you happiness and comfort. After gathering the items, place them in a box, cubby, or basket that is specifically just for you. Keep it in a place where you can get to it when you're feeling agitated. If you need two for home and school, that's okay.

Here is a list of several items that you could add to your Calm Down Box. Remember, this box is for YOU so you may need to think of some items of your own. Check off which items you will add to help you plan.

- | | |
|--|--|
| <input type="checkbox"/> Pictures of family, friends, or pets | <input type="checkbox"/> Journal to write in |
| <input type="checkbox"/> Your favorite book or magazine | <input type="checkbox"/> Crayons and other drawing items |
| <input type="checkbox"/> A card or letter from someone special | <input type="checkbox"/> Bubbles |
| <input type="checkbox"/> A picture you drew | <input type="checkbox"/> Positive notes to yourself |
| <input type="checkbox"/> A school assignment that you are proud of | <input type="checkbox"/> _____ |
| <input type="checkbox"/> A favorite toy or game | <input type="checkbox"/> _____ |
| <input type="checkbox"/> A stuffed animal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> A picture or item to represent your favorite sport or sports team | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Playdough or putty | |
| <input type="checkbox"/> Stress ball | |

After gathering the items, you can also decorate the outside of your box to make it personalized and special just for you.



Name: _____

date: _____

Time Out — Not Just for Little Kids

Sometimes people think of time out as a punishment for little toddlers, but research has shown it has positive effects for all age groups, even adults. Time out is a positive way to remove yourself from a situation that is bringing up feelings of anger. Sometimes if you stay in the situation, it becomes impossible to bring yourself back down to calm and the situation gets worse. Taking a personal time out is a VERY positive way to acknowledge that you need space and time so that you can make better choices.

Steps to Planning a Time Out Strategy:

~ Decide a good location for the time out. You might need to set up a special room or spot in the classroom or house. It's important that everyone agrees that it's your "time out" space so that you can have privacy when you're there.

~ Agree on a time out code word or statement. You'll need a way to signal that you need to go to time out. It could be "I need space" or pointing to the clock. You need a way to signal to an adult that you need a time out space.

~ Set up time out rules. How long should you stay? Should someone ask if you need help or would you rather no one talks to you? Set up these rules ahead of time so there are no misunderstandings.

~ Don't abuse the strategy. If you take advantage and use the time out too frequently or always during independent work, your teachers and the adults around you will wonder if you are trying to get out of work. Use it when you need it.

How could taking a time out help you?



Name: _____

date: _____

Time Out Planning Sheet

Time Out Location: _____

Word, Statement, or Signal to Tell You Need a Time Out: _____

Time Out Rules & Expectations:

Time Limit Before Checking Back In: _____

Other: _____

Strategies to Use in Time Out to Calm Down:

☐ Slow Breathing

☐ Visualizing Positive Place

☐ Journal Writing

☐ Comfort Box

☐ Counting to Ten

☐ _____

☐ _____

☐ _____

Signatures:

Time Out Pass

"I need a time out break
right now".

Time Out Pass

"I need a time out break
right now".

Time Out Pass

"I need a time out break
right now".

Time Out Pass

"I need a time out break
right now".

Time Out Pass

"I need a time out break right now".

Permission given by:

Time Out Pass

"I need a time out break right now".

Permission given by:

Time Out Pass

"I need a time out break right now".

Permission given by:

Time Out Pass

"I need a time out break right now".

Permission given by:

Name: _____

date: _____

I'm Mad Journal

First thoughts why I'm mad: _____

I-statement ("I feel ____ when _____ because _____): _____

Consider the other person's perspective: _____

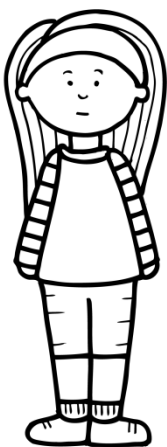
Possible solutions for the problem: _____

Name: _____

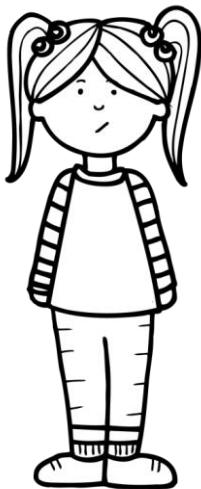
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No Words Communication Sheet

I feel...



Calm



Worried



Sad



Mad



Very
Angry

I need...

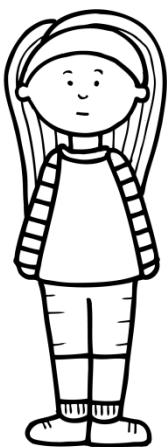
A time out break	Personal space	A drink of water	A snack
A bathroom break	Quiet	To talk to an adult	To write in my journal
My calm box	Help from an adult	5 minutes to myself	To work by myself

Name: _____

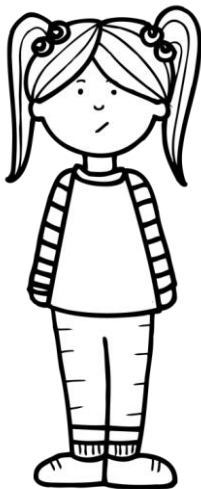
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No Words Communication Sheet

I feel...



Calm



Worried



Sad



Mad



Very
Angry

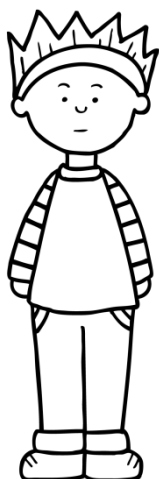
I need...

Name: _____

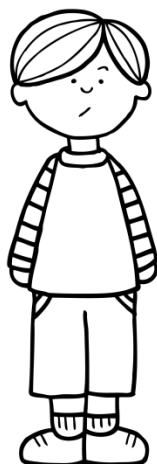
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No Words Communication Sheet

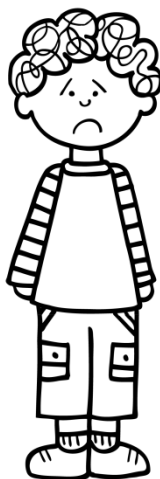
I feel...



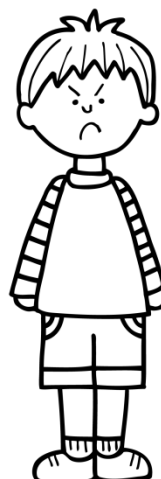
Calm



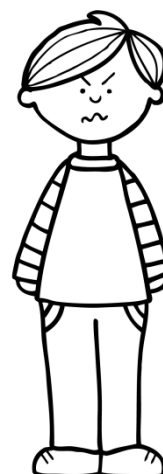
Worried



Sad



Mad



Very
Angry

I need...

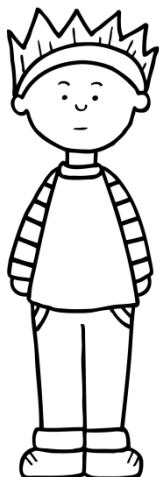
A time out break	Personal space	A drink of water	A snack
A bathroom break	Quiet	To talk to an adult	To write in my journal
My calm box	Help from an adult	5 minutes to myself	To work by myself

Name: _____

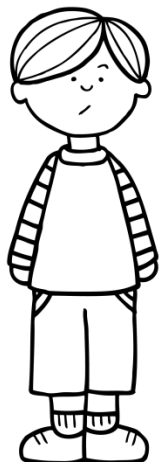
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No Words Communication Sheet

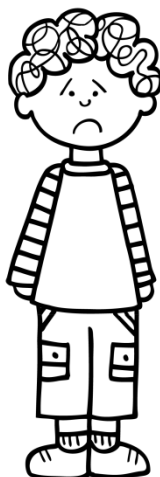
I feel...



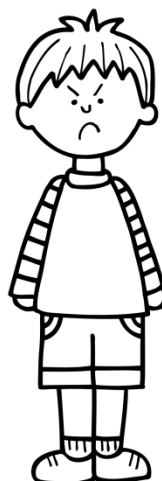
Calm



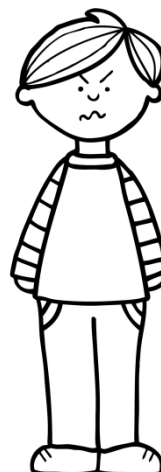
Worried



Sad



Mad



Very
Angry

I need...

Name: _____

date: _____

Fixing What is Broken

Sometimes when we get angry, we do things we don't mean or things we later come to regret. This might include damaging or breaking property, making a mess, or saying mean comments to others. While the goal is to avoid these mishaps altogether, they do happen from time to time in the heat of the moment.

Once you have made a mistake like this, you'll need to "fix what is broken" after you've calmed down. Sometimes that is not easy because you still might feel angry inside about something. It's important to repair your relationships, though.

It's really simple. If you broke something, try to fix it or offer to replace it. If you made a mess with materials or supplies, pick them up. And finally, if you said some hurtful words to someone else, apologize. Apologizing means telling the person you are sorry for something you said or did in a meaningful tone of voice. For example, "Mrs. Stone, I'm sorry that I said I hated your class. I didn't really mean it. I was angry at the time because I have a hard time doing the math work."

Read the scenarios below and determine how each person can "fix what is broken".

1. Mrs. Lewis gave Noah a detention. On the way out of her room, he knocked over her stack of books by the door.

2. Marisa had been fighting with her best friend Sarah. Marisa texted her and told her that she was ugly and no one would ever want to be her friend.

3. Emily felt like her partner in history wasn't listening to her. She took her partner's pencil and snapped it in half before asking to go to the bathroom.

4. Alex raised his hand for help in science. The teacher walked by him and went to another student. Alex crumpled up his assignment and tossed it in the trash. The rest of the class laughed.

Name: _____

date: _____

Problem Solving Plan A

What is the problem?

What are other possible perspectives to consider?

Describe what coping strategies you can use when you get angry:

How can you help fix the problem?

What will your next step be?

Name: _____

date: _____

Problem Solving Plan B

What is the problem? _____

What are other perspectives for the problem? _____

Coping Strategies:

- ☐ Walk away
- ☐ Slow breathing
- ☐ Use self-talk
- ☐ Take a time out
 - ☐ Count to 10
 - ☐ Use an I-statement
- ☐ _____
- ☐ _____

What coping strategies will you use when you get angry next time?

What are possible solutions for the problem?

Which solution will you choose? What are your specific plans of action?

Name: _____

date: _____

Reflection Sheet I

How did you feel? Use an I-statement (I felt...)

What actions or behaviors did you do after feeling this way?

What strategies can you better use if this happens again?

What, if anything, do you need to "fix that is broken"? What will you do?

Name: _____

date: _____

Reflection Sheet 2

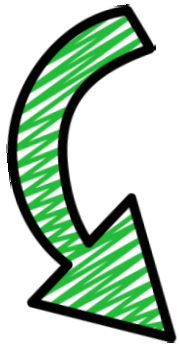
How did you feel? Use an I-statement (I felt...)

What actions or behaviors did you do after feeling this way?

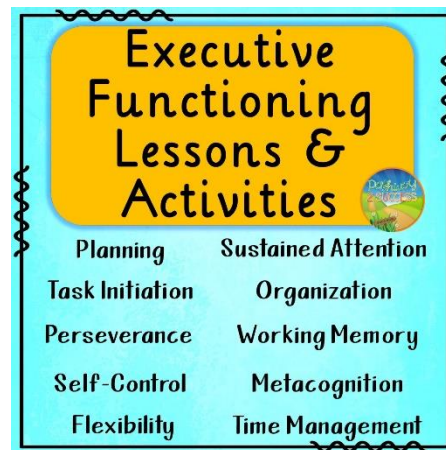
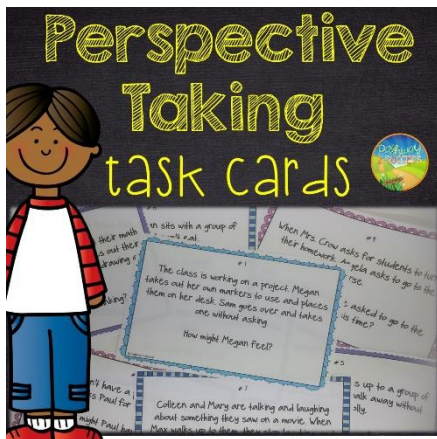
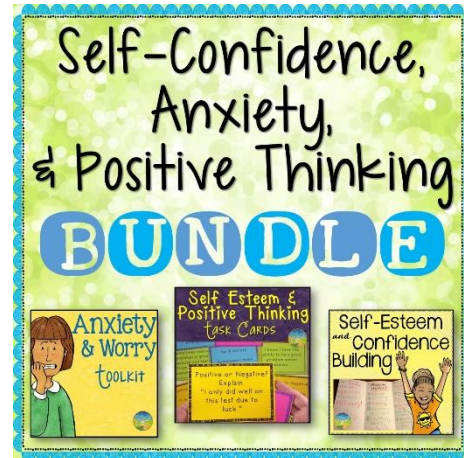
What did I do well?

What can I improve for next time?

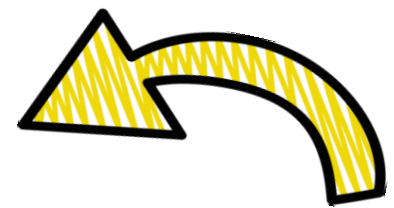
MORE Guidance & Counseling!



**Build confidence,
encourage
positive thinking,
and reduce
anxiety.**



**Lessons,
worksheets,
task cards, and
practice to
teach the
necessary skills
kids need.**



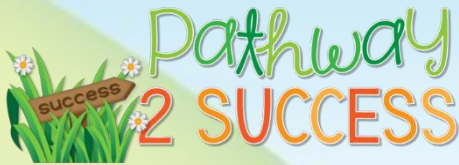
**Click here to
check out all
of my
guidance and
counseling
materials!**

About the Author



Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

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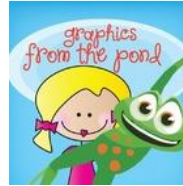
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