When I Feel Angry
1. I can think of safe ways to make my angry feelings go away.
2. I can take a deep breath.
3. I can squeeze something soft like a ball or pillow.
4. I can stomp my feet.
5. I can count to 10.
6. I can tell someone that I feel angry.
7. I can remember to not hurt others, not hurt myself, and don't break things.