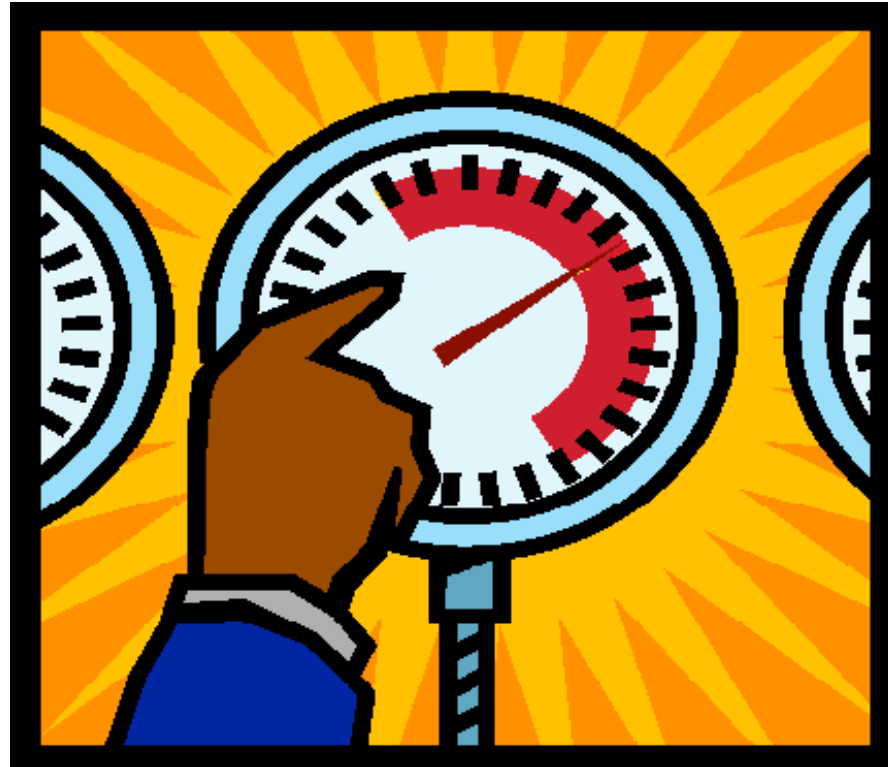
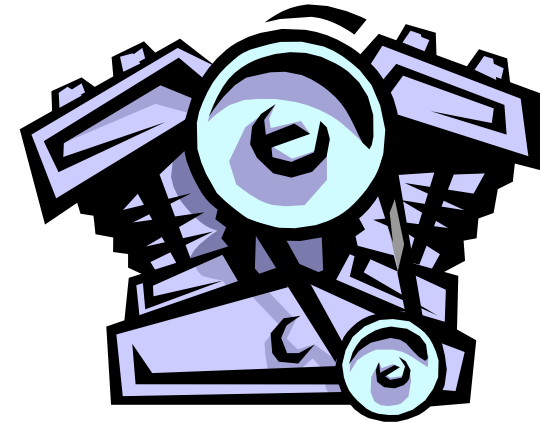
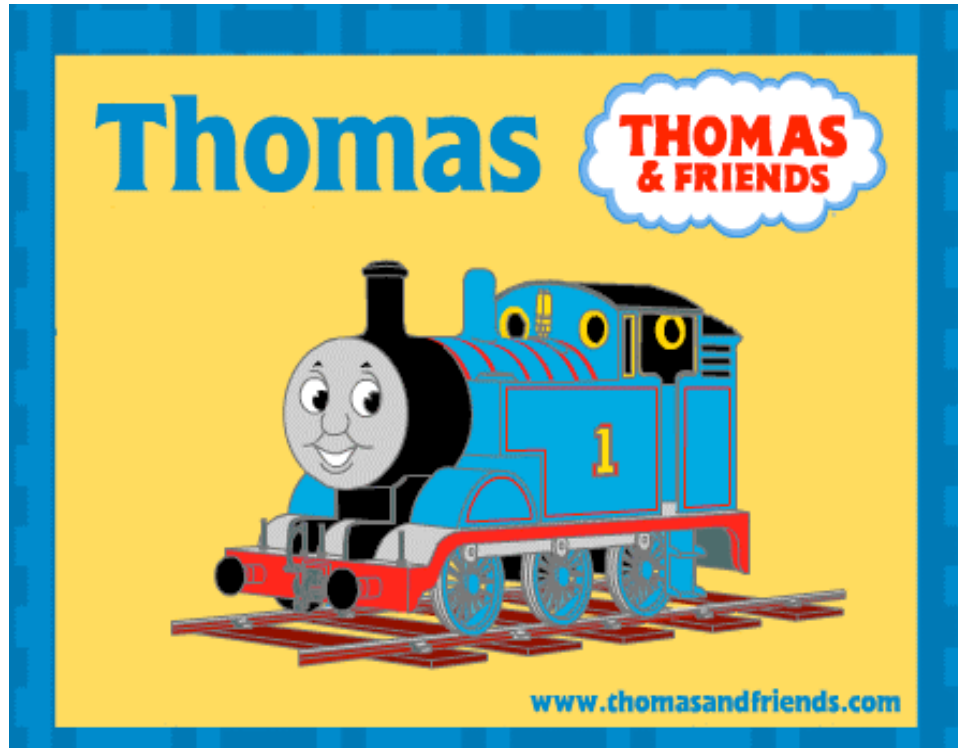


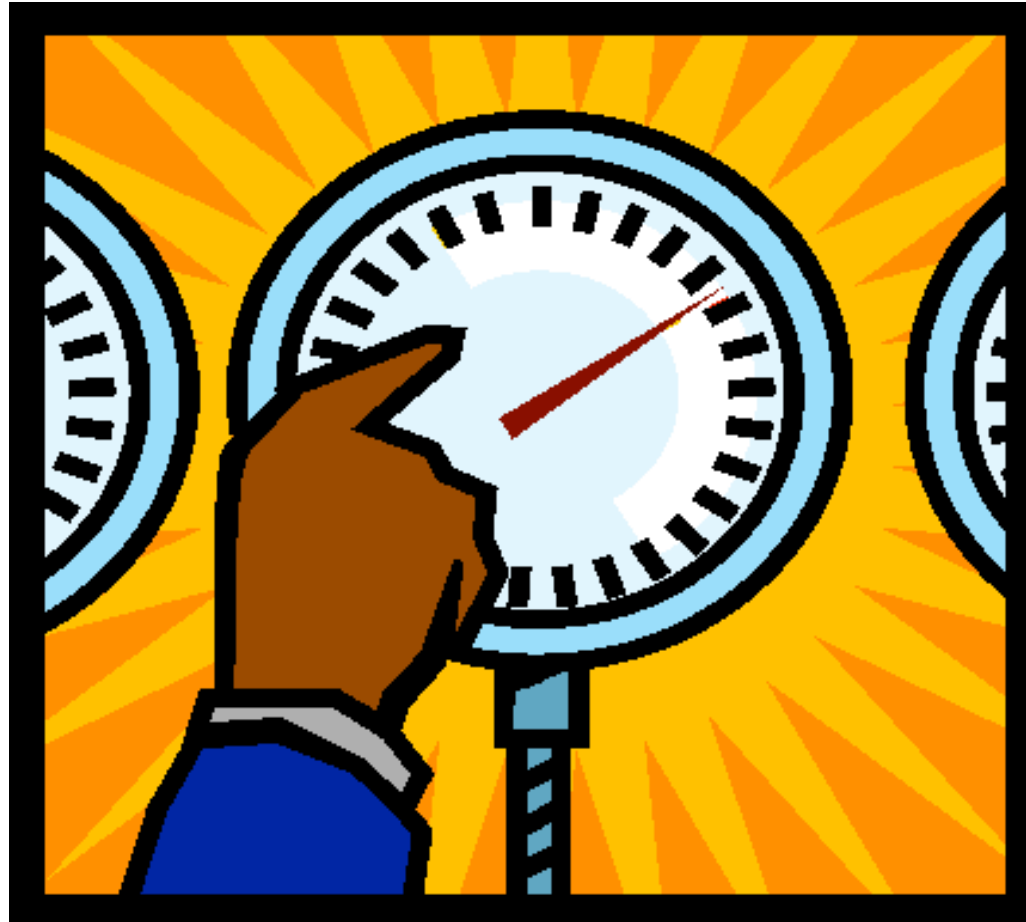
Put the Brakes on Your Anger



By Jennifer Anzin and Cathy Kerr
Early Childhood Services: Community Living Toronto, 2008



Think of yourself as a train like Thomas the Tank. Inside yourself you have an engine that becomes hotter when you get angry.

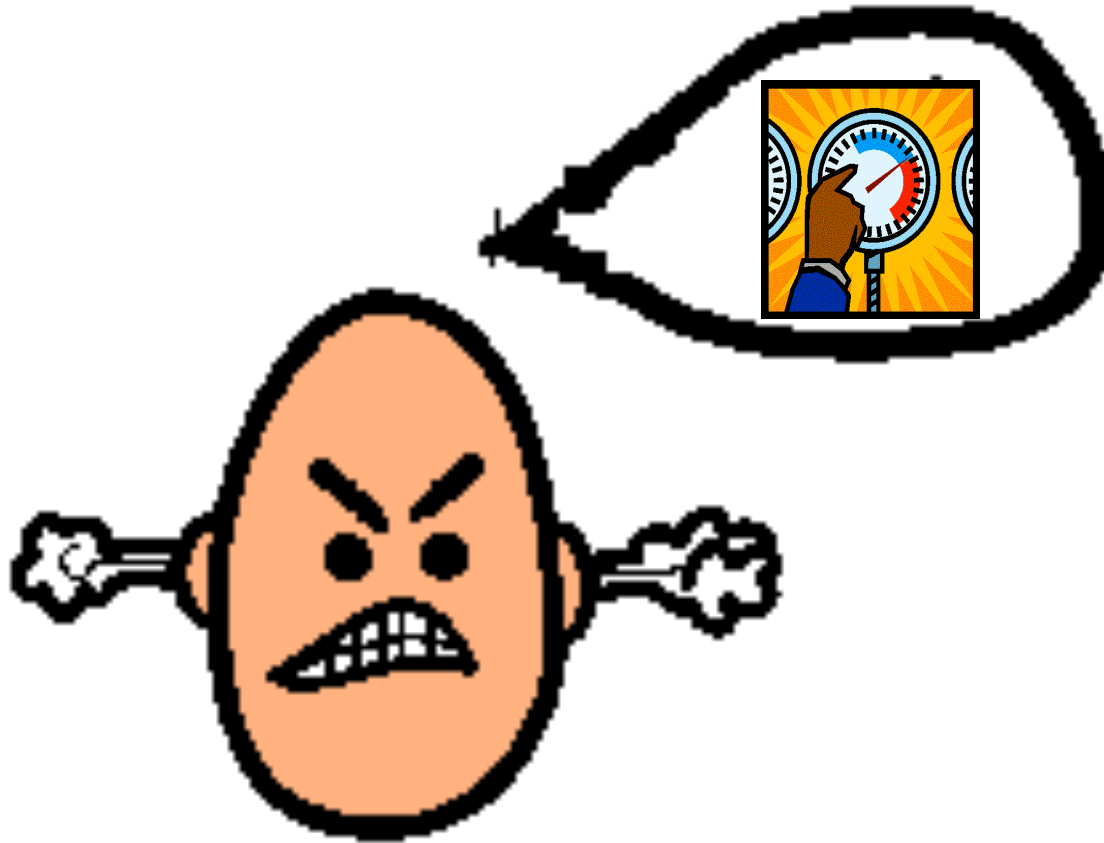


In your body, you have a gauge like a train does, that shows you how your engine is doing. It might be that your heart starts to pound, your face feels hot, or you feel like yelling.

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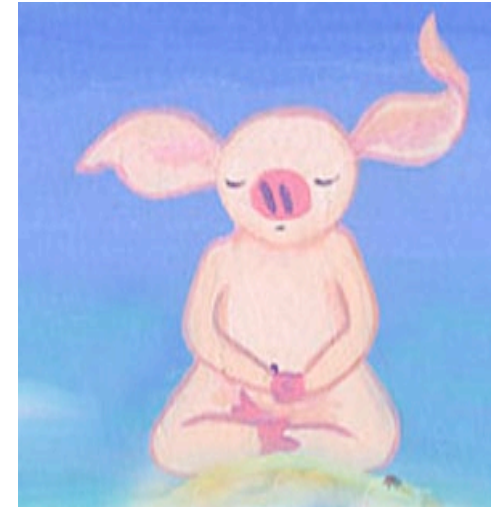
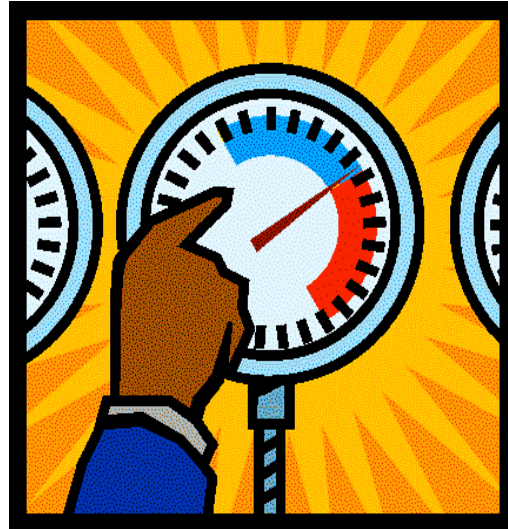
When you are calm, the gauge is blue like a cool lake. When you get mad, the gauge starts to get red like a fire. The angrier you are, the redder the gauge gets.



When something has made you upset and you are getting angrier and angrier, imagine that like a train, you feel your engine going from blue to red. Be the boss of your anger and put on the brakes like Thomas the Tank would.

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1
2
3



Take a deep breath and count to three. Do a yoga activity. You can feel your engine calming down and see your gauge going from red to blue.



Now you are ready to deal with your anger. Use your words and talk to an adult.