


# Safe and Healthy Ways to Manage Anger

1. PAUSE and THINK 


2. Take deep breaths. 

3. Count to 10 or more.


1, 2, 3, 4, 5, 6, 7, 8, 9, 10...

4. Walk away. 

5. Talk to a friend. 

6. Talk to an adult. 

7. Draw your anger out. 

8. Read a book. 

9. Exercise the anger out. 

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_