

Expressing Anger Appropriately:

- First, make sure that you calm yourself down to stay in control before trying to talk it out with someone.
- Be brave. Breathe. Remind yourself that no one deserves to be mistreated. You can work this out.
- Ask them *"Why did you do that?"* or *"Are you mad at me for some reason?"*
- If you did anything wrong, admit it and apologize for what you did. Tell the truth. Ask if there is anything you can do to make it up to them. Your honesty will usually encourage them to tell the truth.
- Take responsibility for your feelings. They can TRY to make you mad, but you don't have to let them.
- Some people tease, joke or make fun of others without really meaning what they say. They are trying to see if they can control you by making you cry, get mad, or lose control. For you to win their challenge, you have to show them that you can control yourself no matter what they say. Tell them:
 - *"Whatever. That is just your opinion."*
 - *"That's what you think. My friends know better."*
 - *"Just because you say it, doesn't mean it's true."*
 - *"You can believe that if you want."*
- Stand up for yourself without being mean. Instead of saying a put-down or threat, show them that you can stay in control of yourself. Laugh at their attempts to upset you.

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Ways to Calm Down at School & Home

- Close my eyes
- Count to 10
- Drink some water
- Do my homework
- Draw
- Forget about it
- Go to the bathroom
- Hang out with a friend
- Play with someone
- Play by myself
- Pray
- Put my head down
- Read
- Relax
- Say, "I can handle this"
- Sing
- Splash water on face
- Squeeze a stress ball
- Take a deep breath
- Talk to someone
- Talk to parent or teacher
- Think about it
- Think of something funny
- Think of something nice
- Walk away
- Write a letter to them
- Write a story
- Write in my journal

Ways to Calm Down at Home

- Call someone
- Clean up my room
- Cook something
- Dance
- Go outside
- Go to a safe place
- Go to my room
- Jump on trampoline
- Jump rope
- Kick something soft
- Lift weights
- Listen to music
- Play a game or sport
- Play music
- Play on the computer
- Play a videogame
- Play with a pet
- Punch something soft
- Relax in a hot tub
- Ride my bike
- Scream into a pillow
- Swing
- Take a shower
- Watch TV or a movie

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