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

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Ways to Calm Down at School & Home O Close my eyes O Say, "I can handle this" O Count to 10 O Sina O Splash water on face O Drink some water O Do my homework O Squeeze a stress ball O Take a deep breath O Draw O Forget about it O Talk to someone O Talk to parent or teacher O Go to the bathroom O Hang out with a friend O Think about it O Play with someone O Think of something funny O Play by myself O Think of something nice O Walk away O Pray O Write a letter to them O Put my head down O Read O Write a story O Write in my journal O Relax Ways to Calm Down at Home O Call someone O Play a game or sport O Play music O Clean up my room Cook something O Play on the computer O Dance O Play a videogame O Go outside O Play with a pet O Go to a safe place O Punch something soft O Go to my room O Relax in a hot tub O Jump on trampoline O Ride my bike O Scream into a pillow O Jump rope O Kick something soft O Swing O Lift weights O Take a shower O Listen to music O Watch TV or a movie © www.ProgressCards.com

	Ways to Calm Dowr	n at School & Home
	O Close my eyes	→ Say, "I can handle this"
	O Count to 10	O Sing
	O Drink some water	O Splash water on face
	O Do my homework	O Squeeze a stress ball
	O Draw	
	O Forget about it	→ Talk to someone Output Discrete the sound of the sound output Discrete the sound output Dis
	○ Go to the bathroom	O Talk to parent or teacher
	O Hang out with a friend	O Think about it
	O Play with someone	O Think of something funny
	O Play by myself	O Think of something nice
	O Pray	O Walk away
	O Put my head down	O Write a letter to them
	⊙ Read	O Write a story
	→ Relax	O Write in my journal
Ways to Calm Down at Home		
	O Call someone	O Play a game or sport
	Clean up my room	O Play music
	O Cook something	O Play on the computer
	O Dance	O Play a videogame
	○ Go outside	O Play with a pet
	Go to a safe place	O Punch something soft
	○ Go to my room	O Relax in a hot tub
	Jump on trampoline	O Ride my bike
	O Jump rope	○ Scream into a pillow
	Kick something soft	○ Swing
	O Lift weights	O Take a shower
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