

# Anger Management



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**It's OKAY to be Angry** [*mad, worried, sad, anxious, frustrated...*]

Anger is a natural and healthy feeling.

How we show our anger can cause problems if we hurt ourselves, other people, animals, or things. We can all learn to show our anger without hurting.

It's OKAY to be angry, mad, worried, sad, anxious, frustrated but:

- *Don't hurt yourself.*
- *Don't hurt others.*
- *Don't hurt animals.*
- *Don't hurt property.*

**What to do about anger:**

**Remember that being mad isn't a bad thing!** It helps you know that you need help or need something different to happen. You are not a bad person because you get angry sometimes.

**Think about what makes you mad.** Some people notice that they get more mad at different times of day, or when they are with certain people. Sometimes they get mad when something happens that reminds them of a time when they were scared, embarrassed, sad, or upset.

**Make a plan for what to do.** Talk about a plan with people you trust when you are calm. It might help to make a list of things to do or a special place you can go that has things that help you calm down.

**Some ways to calm down:**

- Count to 10 before you say or do anything else!
- Take 3 big deep breaths. This will help slow down your heart and your thoughts.
- Move your body – take a walk, run up and down the stairs, punch a pillow.
- Put a cold washcloth or ice pack on your face or neck.
- Write about your anger in a journal or note.
- Talk to someone you trust about what is making you mad.
- Listen to music.

**Tips for Caregivers:**

- Stay calm yourself – if your child sees you staying calm it will help them learn how to handle big feelings. Let them see how you are calming yourself down.
- Don't talk too much – our brains can't process information when we are having big feelings.
- Use a neutral, calm, quiet voice.
- Avoid arguments or power struggles. It's OK to repeat yourself in a calm voice or talk about it later.
- Avoid giving out punishments or consequences in the heat of the moment. Wait until everyone is calm. You can still hold your child accountable, but they will learn much more when they are calm.
- Talk about feelings when everyone is calm. Make a plan for how to handle it next time. Stay positive!

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