

What Can I Do When I'm Feeling Angry?

It's OK to feel angry – everyone does from time-to-time! Being angry can sometimes make you feel like you want to bash something or hurt somebody else but that wouldn't be a good choice. Use one of the choices below to help you get your angry feelings out.

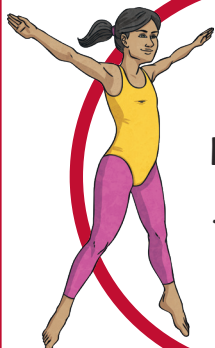


Close my eyes and take some deep breaths.

Go for a walk.



Draw lots of clouds and imagine my anger floating away.



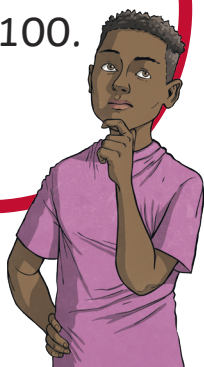
Do star jumps.



Sing as loudly as I can.



Count down from 100.



Listen to my favourite song or watch my favourite cartoon.

