

Anger



Sometimes our anger gets so big it feels like a fire burning out of control. Fires can be put out and so can our anger.

Tell about some ways that fires get put out:

Now, look below and circle the answers that would help “put out” anger:

Walk away Think of something funny Take deep breaths

Ask a big person for help Tell yourself, “I can handle this!”

Imagine your anger is an ice-cube that is melting away

Jog in place Jump rope Splash water on your face

Which one will you try? _____