

Talking:

- Talk out your anger with the person
- Give I-Messages
- Talk out your anger with a friend
- Talk out your anger with a trusted adult
- Journal/talk out your anger with yourself

Doing:

- Take a walk
- Play outside
- Do your favorite hobby
- Try something new
- Play an instrument (if you know how!)
- Take a break
- Remove yourself from the room
- Draw
- Do something that relaxes you
- Hang out with your friends
- Play with a pet
- Spend some time alone

Counseling:

If you ever repeatedly find yourself too angry, anxious, or scared about things in your everyday life then you should talk to a parent or a trusted adult such as a teacher about getting counseling/therapy so you can talk about and work on your struggles.

Thinking:

- Think about your family
- Think about your favorite hobby
- Think about things that make you happy
- Think about your favorite music
- Think about nature
- Visualize
 - Get into a comfortable position
 - Close your eyes if you feel comfortable
 - Imagine you are someplace that makes you happy or makes you feel calm. For example imagine you are running through the forest in the spring with all the trees blossoming.

Breathing/Body:

- Take simple deep breaths
- Tense and Relax
 - Get into a comfortable position
 - Slowly squeeze (tense) and relax muscles (toes, calves, thighs, hands, arms, face, whole body)
- Box Breathing
 - Picture an invisible box in front of you and draw it with your finger. As you do the first side, breath in, then hold on the second, breath out when tracing the 3rd side, and wait during the 4th side, then repeat.
- Ha Breathing
 - Breath in through your nose, and out through your mouth while making a "Ha" sound.