

When I am angry, I can...



...stop and take some time.

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When I am angry, I can...



...think before I act/react.

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When I am angry, I can...



...take a deep breath.

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When I am angry, I can...



...take slow, steady breaths in and out.

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When I am angry, I can...



...count to ten.

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When I am angry, I can...



...distract myself.

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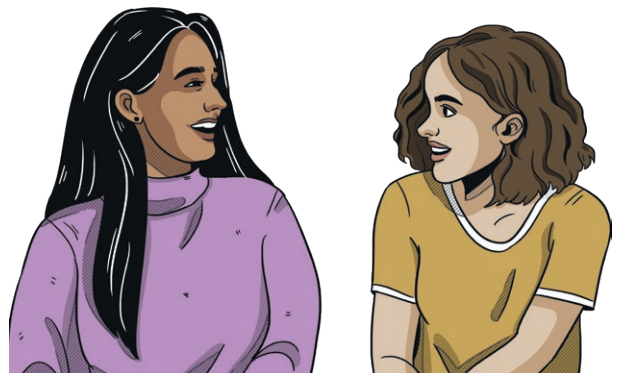
When I am angry, I can...



...talk to an adult.

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When I am angry, I can...



...talk to a friend.

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When I am angry, I can...



...squeeze a ball.

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When I am angry, I can...



...get some fresh air.

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When I am angry, I can...



...exercise.

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When I am angry, I can...



**...have a drink
of water.**

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When I am angry, I can...



...listen to music.

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When I am angry, I can...



**...write down my
thoughts and feelings
in a journal.**

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When I am angry, I can...



**...be aware of
what is happening
to my body.**

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When I am angry, I can...



**...reflect on my
behaviour once I have
returned to a calm
state.**

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