

# WHEN I'M ANGRY

Name:

Date:

Color the box by using the code below.  
Always (red), sometimes (yellow), never (blue).

- Talk with a friend about how I'm feeling
- Throw objects or destroy property
- Take deep breaths
- Think about the consequences
- Use my body to hurt others (hit, bite, kick, push, etc.)
- Talk with an adult about how I'm feeling
- Threaten to hurt someone or break something
- Use bad words or curse
- Find something that will distract me from feeling angry
- Use my words to hurt other people's feelings
- Keep my feelings bottled up
- Give mean looks
- Count to ten
- Try to hurt myself
- Take a "time out" from the situation
- Yell and scream
- Share how I'm feeling in a positive way