

Anger Stop Sign

Everyone gets angry sometimes. When we get angry we must express our anger in a healthy way. That is why we need to remember to **STOP** and **THINK** before we react.

How will you handle yourself the next time you get angry?

The next time I feel angry, I will...



Stop what I am doing and...

Take a breath. When I take a breath I will...

Observe:

Why am I angry?

What am I thinking and feeling?

Proceed.

What do you need to do now to feel better and not hurt anybody in the process?

How much time do I need to cool off before I can go back inside?

What do I need to say and who do I say it to?