



Anger Busters

Here are some other things you can do when you start to feel angry:

- talk to a friend you can trust
- count to 10
- get or give a hug
- do jumping jacks or another exercise
- draw a picture of your anger
- play a video game
- run around the outside of the house five times as fast as you can
- sing along with the stereo
- pull weeds in the garden
- think good thoughts (maybe about a fun vacation or your favorite sport)
- take a bike ride, go skateboarding, play basketball - do something active!

Never getting angry is impossible. Instead, remember that how you act when you're angry can make the situation better or worse. **Don't let anger be the boss of you.** Take charge of it!