

WHAT TO DO WHEN YOU ARE ANGRY

1. How does my body feel?
2. Calm down:
 - Take three deep breaths.
 - Count backwards slowly.
 - Think nice thoughts.
 - Talk to myself.
3. Think out loud to solve the problem.
4. Think about it later:
 - Why was I angry?
 - What did I do?
 - What worked?
 - What didn't work?
 - What would I do differently?
 - Did I do a good job?