



WHAT TO DO WHEN I FEEL ANGRY

Try out our best tips for dealing with anger

Or go to www.learningspace.org.uk

breathe

Take 20 deep breaths

1
2
3

Count to 100



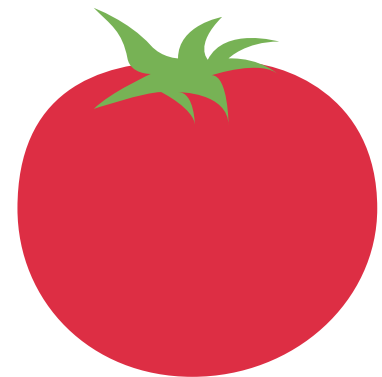
Listen to music



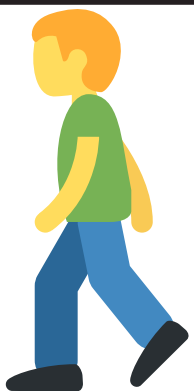
Draw it



Write it



Squeeze it..



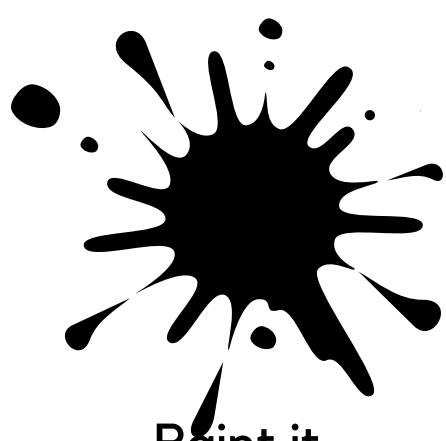
Walk away from it



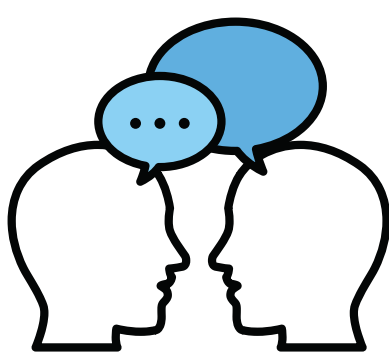
Play it



Skip it out



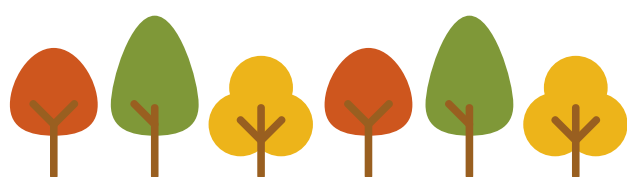
Paint it



Talk about it



Acknowledge it



Ground yourself like trees



Splash water on your face



Discover what is
underneath the Anger
Iceberg