

Sometimes you just get so angry that you feel like you are going to burst!  
It seems like your anger will be the boss of you, instead of you being the boss of your anger.

**What can you do to work through that anger and keep yourself and other safe?**

- Take a deep breath and breathe out hard.
- Count to 10 in your mind before you open your mouth. Count another 10 if you think that you are still feeling out of control. Stop and think about what to do or say, then make a good choice.
- Say what you feel in a firm voice, not a loud shouting voice.
- Use your words to tell your feeling. Never hurt someone with your hands, feet, or by what you say.
- Walk away and go somewhere else until you've thought about what you can do.
- Squeeze a pillow or a ball really hard and say to yourself that you are squeezing out your anger.
- Use all your anger to do a chore that you really hate like cleaning up your bedroom, sweeping, mowing or cleaning up the shed. You get rid of your anger and can feel good about getting that chore done too.
- Find an action that work for you without harming yourself or others!

