

# When I am angry I....

These are ways in which some kids control their anger.

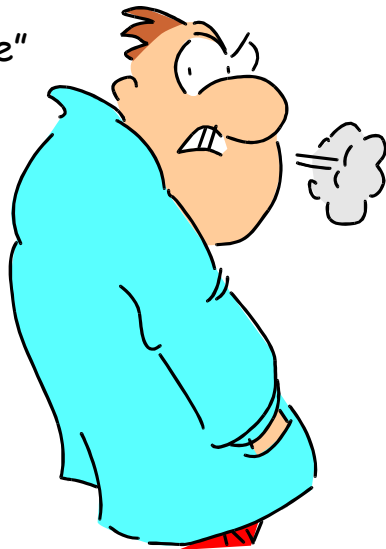
"I go to my room and scream in the pillow."

"I go away by myself to think."

"When I am angry I lie on my bed and listen to my radio."

"I race on my bike"

"Take a walk"



List a few other healthy ways to relieve anger.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_