

10 Time-Tested Tips to Tame Your Anger

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Do you ever feel really mad? Maybe when a teacher asks you to do something you don't want to do? Or when you get a hard homework assignment? It's okay! Everyone feels angry sometimes. Being angry is normal. But it's important to learn how to handle our anger. If we don't, it can hurt our friendships and make us feel bad. Here are 10 easy ways to help when you feel angry:

Stop and breathe - When you're very angry, don't do anything right away. Take big, deep breaths. Count to ten. This helps you calm down.

Talk about it - After you're calmer, tell someone how you feel. Use nice words. Don't yell or be mean.

Move your body - Sometimes it's hard to calm down. Try running, jumping, or dancing. Moving helps get the angry feelings out.

Do what you're asked - If someone asks you to do something you don't like, do it first. Then talk about why you didn't like it later.

Fix the problem - Try to think of ways to make things better. This can help you feel less angry.

Use "I" words - Say how you feel using "I". Like "I feel sad" instead of "You made me sad!"

Let go of angry feelings - Try to forget about what made you mad. Holding onto anger only makes you feel worse.

Laugh or listen to music - Sometimes laughing or hearing your favorite song can make you feel better. Just be careful not to laugh at others.

Relax your body - Take deep breaths. Think about happy things. Say nice words to yourself like "I'm okay" or "I can be calm".

Ask for help - If you're still feeling very angry, it's okay to ask for help. Talk to a grown-up you trust, like a teacher or parent.



Remember, it's normal to feel angry sometimes. But it's important to learn how to handle it. When we handle our anger well, we can have better friends, feel healthier, and do better in school. Learning to handle your anger takes time. But if you keep trying, you'll get better at it. And that will help you have a happier life! (359)