

# “Dealing with Frustration or Anger”

1. **Think** about Good Choices you can make to calm down. You can **Stop** and... :
  - a. **Take** deep breaths
  - b. **Count** to 10 (or any number)
  - c. **Move/Walk** away from the person
  - d. Other: \_\_\_\_\_ (way to calm down) \_\_\_\_\_ )
  - e. When you are calm, **tell** the person you are angry saying, “I feel angry when you \_\_\_\_\_.  
Please \_\_\_\_\_.”
2. If you think you may be unsafe after trying to fix the problem, **ask** an adult for help.
3. **Choose** and **act out** your best choice.