

It's OK to Feel Angry

Use this poster to help you choose the best way to get those angry feelings out.



Draw lots of clouds to help the anger float away.

Do star jumps on the spot until you are worn out.



Sing as loudly as you can.



Listen to some music on headphones.



Close your eyes and take some deep breaths.



Go for a walk in the garden.



Run on the spot until you are out of breath.



Count down from 100.



Tell yourself 'it will be OK,' over and over again until you feel calmer.



Go to someone you love and ask them for a 20-second hug.

Close your eyes and imagine yourself in a place that makes you happy.

Stroke a pet.



Scream into your pillow.



Read a story.

