When was the last time you were angry? What made you angry and how did you handle the situation?

Share

Use deep breathing. If you feel angry, take in a deep breath through your nose, counting to three. Hold it for a moment, then release the breath through your mouth, counting to five as you do. Repeat as many times as you need to.

Tips! ☺

On the playground, you and some other people are playing tag when someone pushes you to the ground. Your favorite outfit gets ripped.

What would you do?

Use deep breathing. Someone calls you a name during lunch. To help you stay calm, you take five deep breaths (breathing in through your nose, holding your breath, and then breathing out). Show the group how to do deep breathing.

Act it out!