

Great Things to do with Angry Feelings

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gently Say "I'm really mad. I'm upset. I need a break from you right now."							
Go to room and read or play quietly							
Call Dad or Mom							
Take a bath							
Have a popsicle							
Chew a stick of gum							
Have a hot tea							
Make D&D worlds and characters							
Go outside							
Make a mad face							
Write a "Why I'm mad" letter							
Draw a picture of your feelings							
Clean you room, make you bed, or fold laundry							
Running or exercise							
Honest conversation about how you feel							