



Life Skills/Children 8-12 yrs/What to do when angry/  
Tell the person 'I am angry with you..'



Life Skills/Children 8-12 yrs/What to do when angry/Write it out or draw it



Life Skills/Children 8-12 yrs/What to do when angry/  
Punch a pillow



Life Skills/Children 8-12 yrs/What to do when angry/  
Report to an adult



Life Skills/Children 8-12 yrs/What to do when angry/  
Go to your cool down place and take deep breaths.



Life Skills/Children 8-12 yrs/What to do when angry/  
Tear some newspaper

I don't want to talk  
to you right now



Life Skills/Children 8-12 yrs/What to do when angry/  
Ignore & Walk Away



Life Skills/Children 8-12 yrs/What to do when angry/  
Tell the person 'Stop it...I don't like it ...'