

## **Manage My Anger (Elementary)**

When was the last time you felt really mad? Was it difficult to think clearly or explain your feelings? Maybe your friend didn't invite you to her party, or your sister made fun of you. Everyone gets angry, and it's okay to feel angry at times, but what we say and do when we feel angry is a choice.

You can use the strategy **manage my anger** to help understand and explain your feelings.

**Managing your anger** starts with knowing about anger. When you feel angry, you might feel warm and turn red, or your heart might start beating faster, but anger probably isn't the only feeling you have. You probably have other feelings inside, like hurt, frustration, or embarrassment. Anger is just the feeling that others see. When you start to feel angry, you can **manage your anger** by taking deep breaths, going for a walk, or drawing your feelings. Then you can use the strategy **pause and ponder** to think about the other feelings you are having. You might ask yourself, "What caused me to feel angry? What other emotions am I feeling?"

I used the strategy **manage my anger** when my teacher asked me to stay in from recess so she could help me with math. We had just learned how to add two-digit numbers, but I didn't really understand it. All my practice problems were incorrect. I wanted to go out to recess and play with my friends, but just as I was about to walk out of the classroom, the teacher called my name and said, "Let's take a few minutes to work on these problems. I know you will get it with a little more practice."

I started to feel my heart beat fast and cheeks get hot. I was so upset I felt like crying. I like my teacher, but I was so mad! I remembered the strategy **manage my anger**. I took a deep breath and asked the teacher if I could go get a drink before we started working on the math problems. While I was taking a drink, I **paused and pondered** my feelings. I asked myself, "Why am I so angry?" I realized I was feeling disappointed and a little embarrassed. Disappointed because I really wanted to go to recess. Embarrassed because math was taking a long time to learn.

I took one more deep breath before I walked up to the teacher's desk and began to work on my math problems. I felt calm and was able to think more clearly as she explained the steps. After a few more practice problems, I was able to do the math correctly, and there was still a little time left for recess.

**Managing my anger** helped me choose to calm down instead of saying or doing something that I would regret and that would hurt my teacher's feelings. The next time you start to feel angry, use the strategy **manage my anger** to help understand your feelings and choose what to say and do when you have big feelings.