

I Choose How I Respond

Name: _____

We can respond to anger in lots of ways. For the following choices, decide whether it is a good response or a bad response. For the good responses, color in the smiley face. For the bad responses, color in the frown.

Take a deep breath



Count to 10



Hit



Give yourself a hug



Scream



Squeeze a stress ball



Throw something



Write down what you feel



Walk away



Push chair/table around



Talk to someone else

