

**Cowden-Herrick Schools**

**Cool Tools**

**Suggestions for Teaching or Role-Playing**

**Target Area for the Week**

**Dealing with Anger**

- Monday Everyone gets angry, but when you get angry it is not the best time to make a decision. When you get angry stop and pause for 20 seconds before you make a decision of what you are going to do or say next. It will change the outcome.
- Tuesday It is ok to tell a person why you are angry. The important thing to remember is to state your reason calmly. I know that is hard.
- Wednesday One way to avoid getting angry is to change what you are doing. Many times we can tell when we are getting agitated. If that is the case, change what you are doing, or whom you are doing it with.
- Thursday Ask yourself if the situation is worth getting angry about. Many times the situation really does not amount to a hill of beans. The score of a game or whether a person has strings in tetherball really does not matter that much in the big scheme of things. Ask yourself if what you are angry about is really worth the effort of being angry.
- Friday If the person you are with gets angry, a quick apology may defuse the situation.