

ANGER MANAGEMENT



LADDER

Draw or write about my anger

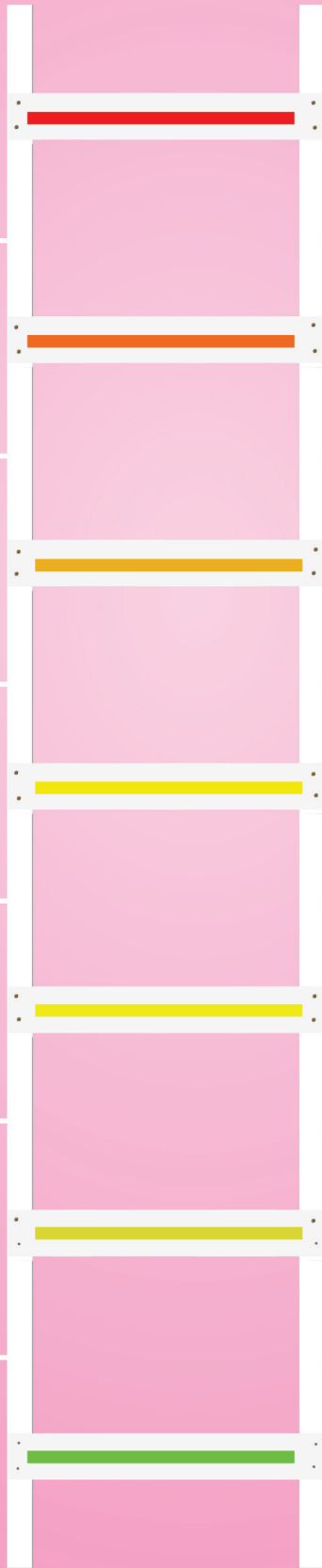
Use an I-message (I feel)

Read a story

Go to my safe place

Ignore it

Do some exercises



Say what you wish would happen

Talk to an adult and ask for help

Apologise

Change the activity

Wait and cool off

Stop what I am doing

Add own steps