

SEL · GRADES 2–4

Managing Anger

When the volume turns up

Anger isn't bad

Anger is a NORMAL feeling — usually a sign that something feels unfair or hurtful. The problem isn't anger itself; it's what we DO with it. Hitting and shouting won't solve the problem. Bottling it up makes it worse later. Here are tools that actually help.

Body signs of anger

- My face feels hot
- My heart beats faster
- I want to shout, hit, or run
- My fists or jaw clench
- My breathing speeds up
- Tears might come — that's okay

Five tools to try

<p>1 — Move away</p> <p>Put physical distance between you and what's making you angry. Even just stepping outside the room helps your brain calm down.</p>	<p>2 — Five deep breaths</p> <p>Breathe in for 4 counts, out for 4. Repeat 5 times. Slows your heart rate within a minute.</p>
<p>3 — 5-4-3-2-1</p> <p>Name 5 things you can SEE, 4 you can TOUCH, 3 you can HEAR, 2 you can SMELL, 1 you can TASTE. Brings you back to now.</p>	<p>4 — Squeeze and let go</p> <p>Tighten every muscle for 10 seconds. Then let go all at once. Repeat 3 times.</p>



5 — Talk to someone

Once you're calmer (NOT while still hot), tell a trusted adult what happened and how you feel.

