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When I am Mad

Coping Skills for
Kiddos who are
feeling Angry

Everyone feels **mad**
Sometimes - it's **totally**
normal! It can be an
uncomfortable feeling,
though - that's why
we need **Coping Skills!**

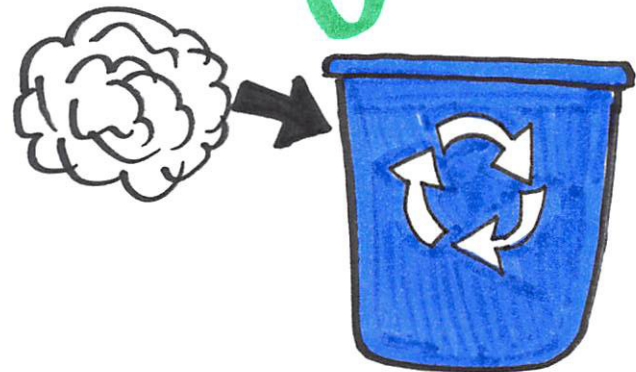


Hint: Keep reading!

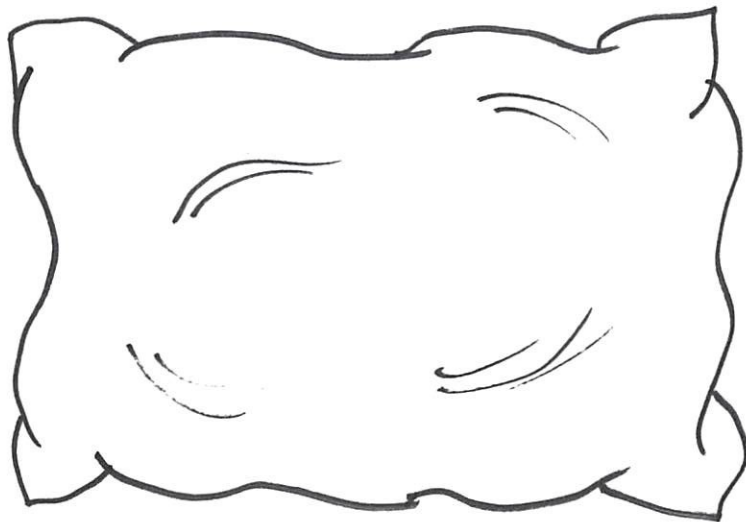
One way to deal with feeling angry is to talk to a trusted adult about it.



Sometimes it can help
you get out your angry
feelings by scribbling on
a piece of paper OR
writing about what is
making you mad on a
piece of paper and throwing it
out!



If you are so angry that you feel like hitting or yelling, punch a pillow or scream into a pillow. These are SAFE ways to deal with those intense feelings.



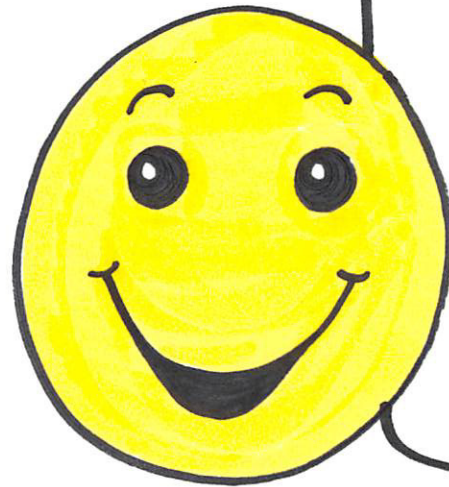
Take your anger out on a pillow



Exercise is a great
Coping skill for dealing with
angry feelings!

- Walk/Run/jog
- Jump rope
- Hopscotch
- Jumping jacks
- obstacle course
- Dance party!
- Yoga
- Ride a bicycle
- Skip or gallop

IDEAS!



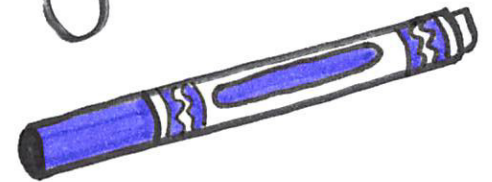
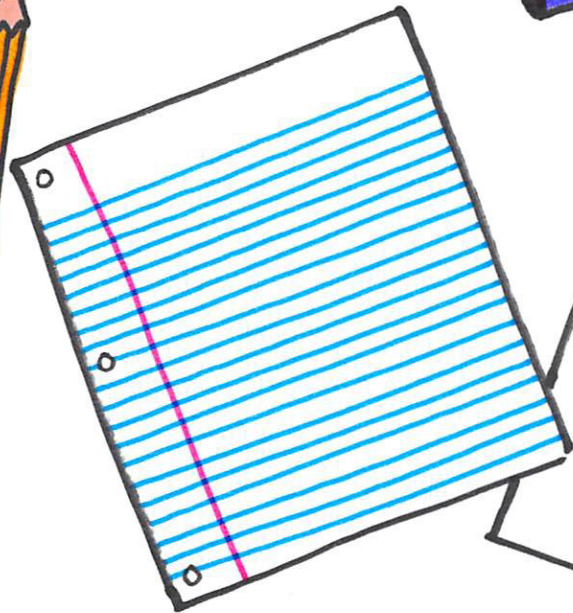
Exercise gets
angry energy
out AND produces
body chemicals
(endorphins
that make you
feel happy)!

Writing and/or drawing
about feelings of anger
can be helpful.

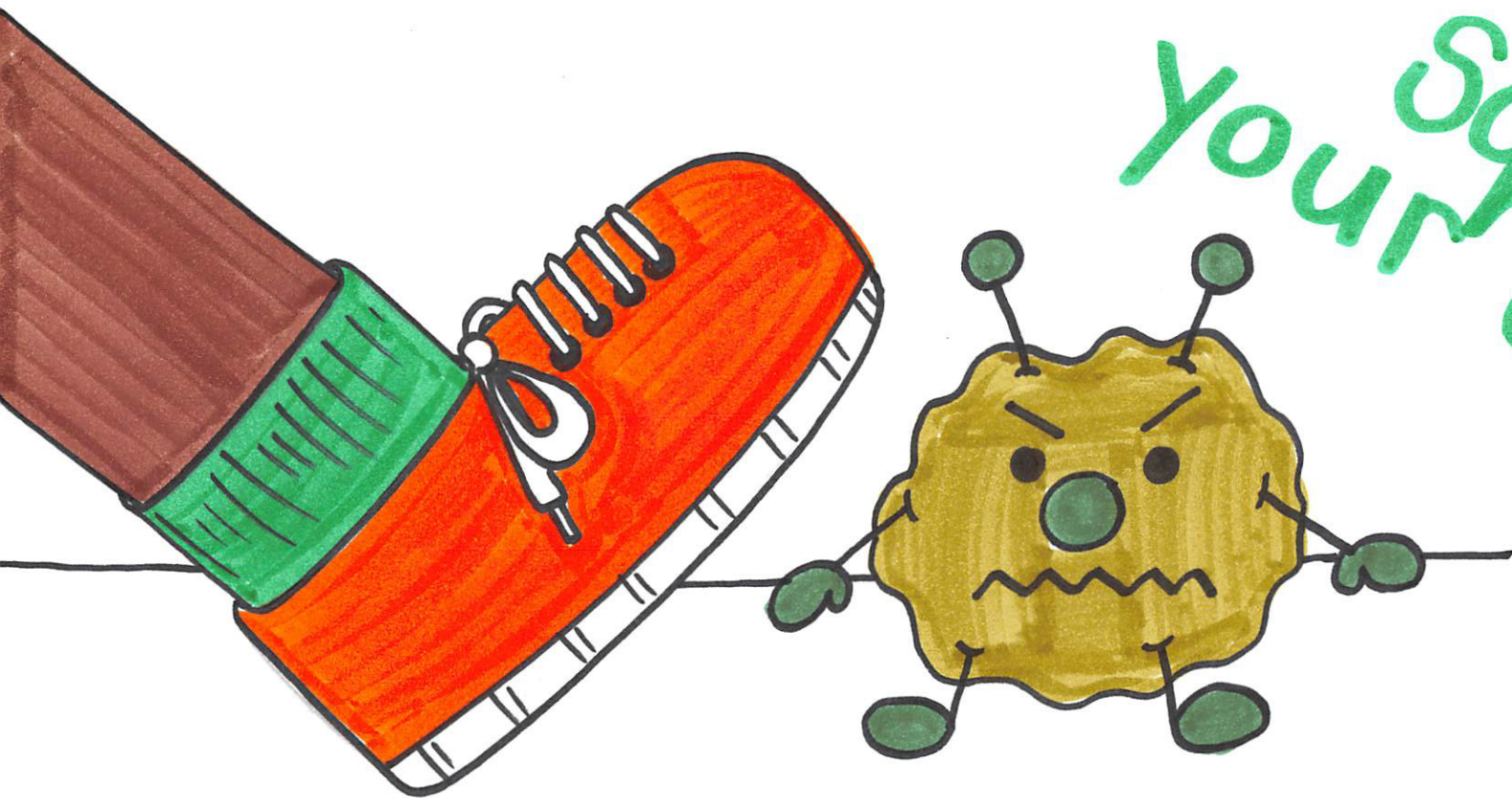
Here are some ideas to get
you started:

Write/draw:

- Why I am feeling **Mad**...
- How I can help myself when I am mad...
- Things that make me feel happy and calm...
- A poem about anger...
- My anger feels like...
- People who can help me...



Imagine your anger as a
little monster and imagine
squashing it with your foot -
Squash your anger monster!



Your Squash
anger!

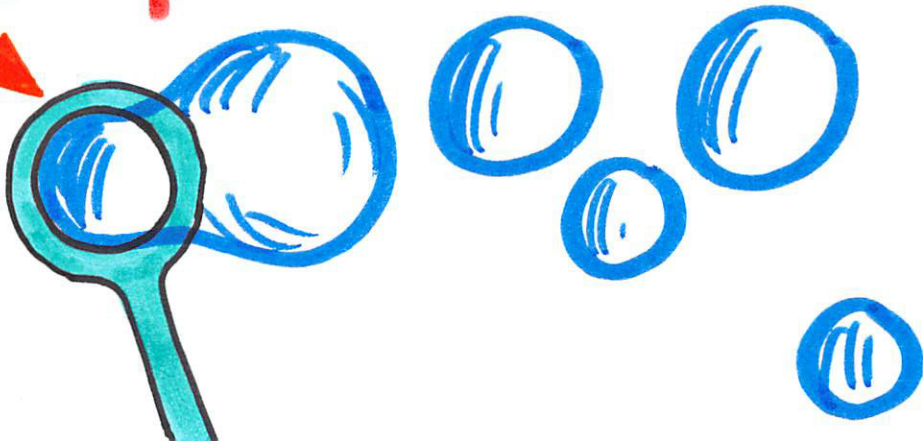
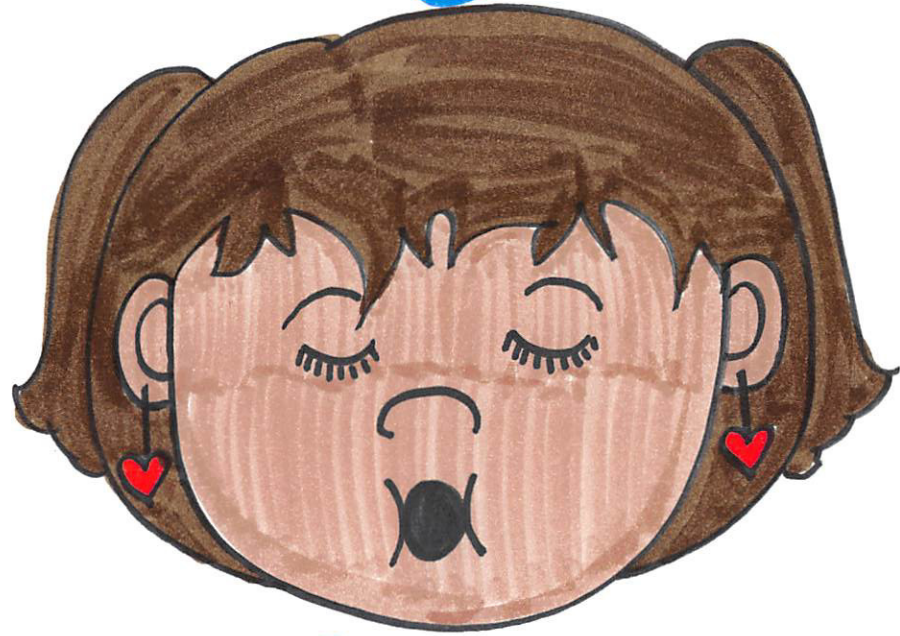
When you are SO angry that you are struggling to calm down, try deep breathing:

Step 1: Breathe in SLOWLY through your nose

Step 2: Breathe out SLOWLY through your mouth

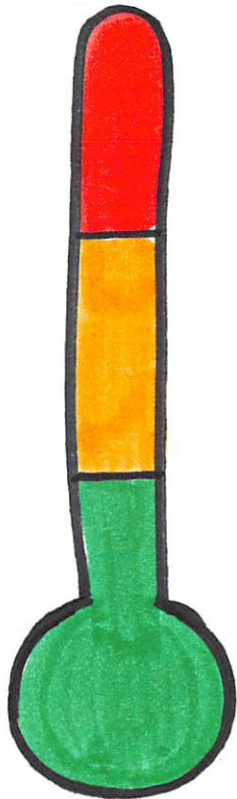
(★ it can help you if you pretend to blow bubbles)

Step 3: Repeat steps 1 and 2 at least 3 times



One way to help you
tell your loved ones about
your anger is to use an
anger thermometer:

3



I am feeling VERY mad
and I need some help

2



I am feeling angry, but
I can cope on my own

1



I am feeling
calm

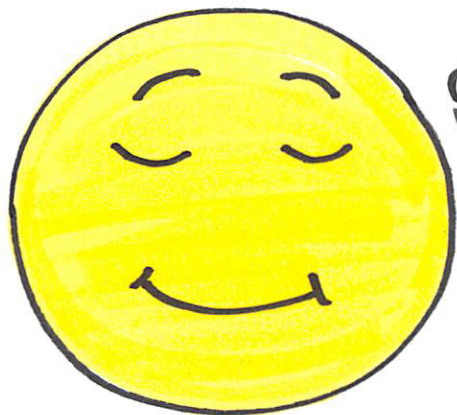
Try doing something you
find soothing to help
Calm your anger.

Ideas:

- Listen to calming music
- Color or draw
- Lay down under a heavy blanket
- Read a favorite book
- Watch a favorite T.V. show or movie
- Call a friend or a loved one
- Do a favorite yoga routine



Another way to Cope
with anger is to Count
down backwards from
whatever number you
are capable of (10, 25, 50,
or 100, for example).



25, 24, 23, 22, 21, 20, 19,
18, 17, 16, 15, 14, 13, 12,
11, 10, 9, 8, 7, 6, 5, 4,
3, 2, 1...

Remember: everyone
feels **MAD** sometimes - it is
totally normal.

Also, anger is **JUST** a
feeling and it will **pass**.

All feelings
pass. Always.



Don't Forget:

You are **BRAVE** and

you are **STRONG**!

You **CAN** Cope! 

You have the coping skills to deal
with anger!!

