

The Anger Rules

It's okay to feel angry but...

- Do not hurt others
- Do not hurt yourself
- Do not damage property
- DO talk about it

Decide if the action is a form of healthy or unhealthy anger.

Make your choice by ticking or colouring in the circle.

**Healthy
Anger**

**Unhealthy
Anger**

Throwing something

☐☐

Hitting someone

☐☐

Writing a letter

☐☐

Listening to music

☐☐

Screaming

☐☐

Taking a time out

☐☐

Talking to someone

☐☐

Walking away (if it's safe to do so)

☐☐

Hurting yourself

☐☐

Can you think of any others?