

# **Cues to Teach a Child To Express Angry Feelings**

- **It is okay to be mad. Anger is an appropriate feeling to have when others hurt you.**
- **Angry feelings are part of being a human being. Be firm, fair and friendly to speak your mads.**
- **People are not to be hurt. Use your words instead of your fists.**
- **Work out your mads with your words.**
- **It is important that we be gentle with people. Be a people friendly person.**
- **People, animals and plants are not to be hurt. Treat all living things with respect.**
- **Make a good choice. Stop and think before you act.**
- **You can make a good choice when you are mad. Use your words!**
- **Know what sets you off. Know your hot spots and trigger points!**
- **Own your feelings! You are responsible for how you feel and act.**
- **Separate the Big Deals from the Little Deals. Problem solve Big Deals. Let go of Little Deals.**
- **You can't have your own way all the time. Don't sweat the small stuff.**
- **Chill out. You don't have to get mad over every little thing. Be a cool dude!**
- **You can let go of your mads by talking about them and working them out.**
- **Tell someone when you are hurt. Find someone safe to talk to when you are upset.**
- **Let your anger go in safe ways. Use your words! You can work out your mads.**
- **Breathe when your mads come up. Blow those mads out!**
- **Don't store anger in your body. Let it go. Talk it out. Tell someone about your mads.**
- **Let the mads go. Shake them out. You choose to feel good when you use your words.**