



Anger Management Skills for Children

It is okay to be angry. It happens to everyone. You just want to make sure your anger does not get you in trouble. It is hard to fight anger. You need some skills you can rely upon. Not every skill works for every person. It is important that you find a skill that works for you.

The following are common anger management skills. Pick at least two short-term and long-term skills and try them out. Like any skill, practice will help them work when you need them.



Short - Term (To Use When You Feel Yourself Getting Angry)

The best short-term anger management skills are those that you can use in any situation without anyone else's help.

1. **Deep breathing** (breath in through your nose filling up your stomach like a balloon, wait three seconds, then breath out through your mouth. Repeat three times.)
2. **Count backwards from 20.**
3. **Think about your happiest memory/place.**
4. **Do 15 Jumping Jacks.**
5. **Remove yourself from the situation** (if possible).
6. **Think about your three best qualities.**
7. **Repeat a saying to yourself that will help you prevent anger from escalating.** (e.g., "I will remain calm", "this is not worth it").



Long - Term (To Do Regularly)

1. **Talk to an adult** if something is bothering you.
2. **Express your anger** through drawing or painting.
3. **Exercise** (e.g., walking, playing a sport, running around).
4. **Listen to music** you enjoy.
5. **Keep a journal** or diary and use it to write down angry feelings.
6. **Get 9-11 hours of sleep each night.**