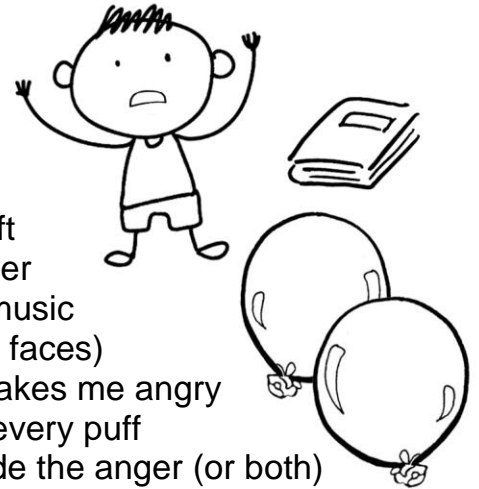


MY CALMING POSTER

When I am angry I get lots of a chemical called adrenaline in my body. This makes it hard to think well and make good decisions. Here are some ways I can get rid of angry feelings and adrenaline.



- Do 20 sit-ups
 - Punch a pillow
 - Jump up and down 20 times
 - Squeeze a bean bag or something soft
 - Run around the garden until I feel calmer
 - Listen to music or stories – dance to the music
 - Write about or draw my feelings (sad happy faces)
 - Tear up paper and think (or SHOUT) about what makes me angry
 - Blow up a balloon with an angry thought with every puff then punch it until I get rid of the anger or burst it to explode the anger (or both)
 - Jump on a trampoline - start jumping really high and fast and then slow down and jump lower until my anger is gone
 - Deep breathing can really help
 - Have a bubble bath
- more ideas:*



- I should also...**
- Try to accept there are things I can't do
 - Try to figure out whether the anger is about now or about feelings from the past or from what's happened in my day
 - Try to remember that anger is really about being scared



Try to remember that Mum and Dad love me even when they say no
When I'm angry I will try to remember that I am special and deserve to be happy – so ask mum or dad for a hug!

They can help me feel calm when I'm not able to do this for myself.
If I have too much adrenaline in my body; ask for help!
Mum and Dad will have other good ideas to get rid of adrenaline.

