

How to Cool Down

With the Angry Monkey



Walk Away

Get away from whatever is making you angry. Go to a different room if you can, and try to get your mind off of the problem until you've cooled down.



Take a Deep Breath

Take in a real big breath. Fill your body with air. Blow the air back out slowly, and imagine your anger is leaving you with your breath. Do this five times.



Do Something Fun

Go do something you love. You can play outside, draw a picture, play a game, or just about anything else that will take your mind off of your anger.



Talk About It

Find a parent, a teacher, a friend, or anyone else you trust to talk about whatever is making you angry. Sometimes, just talking is enough.