****

**Anger control plan**

It can be helpful to identify the signs that we are getting too angry (anger stop signs). We can become aware of how our body feels when anger is growing.

In the box below, write how you feel in your body when you are getting angry.

**MY ANGER STOP SIGNS**

**How do you deal with anger?**

* Sometimes the way that we deal with our anger is not always helpful. It can cause problems for ourselves and those around us.

**Alternative coping strategies**

Below are a list of strategies that people have suggested are more helpful ways of managing their anger. Everyone is different so some might work for you and some may not. Tick any of the suggestions that you think could work for you.

Get some exercise

Talking to someone about the problem

Taking time out

Using traffic light cards (put a red card on your door to show other people that you are feeling angry)

Deep breathing exercises

Listening to music

Using a punch bag

Wait until you feel calmer to speak

Distraction

Tell a person who you trust that you are starting to feel angry

Count to 10

Ask the person in the situation to give you some time and space to calm down

When you speak – use ‘I’ rather than ‘you’ to avoid saying things you regret

Using visualization techniques (think about somewhere or something that makes you feel calm)

Add any other ideas of helpful strategies:

* **Next steps:** Next time you notice your anger stop signs, try using some of the helpful coping strategies. This might take a while to practice and work out which ones work best for you.