

10 Techniques for Controlling Anger

1. COUNT FIRST

Before you do anything – you count to 10 in your head. Then you tell yourself to calm down. Then you choose what to do.

2. BALLOON BREATHING

Imagine you are going to blow up a balloon. Take a big breath in and then breathe out slowly. Do this five times until your ‘balloon’ is full. Then imagine you have let the balloon zip away and lose all its air. Imagine that it is you losing all your angry feelings.

3. TIME OUT

This is when you find a safe or quiet place to be for a while so you can calm yourself down. This might be a bench in the playground or the corner of your bedroom.

4. FIVE DEEP BREATHS

This is when you take a slow breath in, and let a slow breath out and then do this four more times.

5. GLASS OF WATER

This is when you take a slow drink of water to help you gain control of yourself, your mouth and what you will say.

6. SQUEEZE!

This is when you squeeze a stress ball or hold on tightly to an object. You grip hard and then slowly let go, letting go the tension at the same time.

7. HANDS IN POCKETS

This is a good way to remind yourself you are not going to hit anyone. If you have no pockets, put your hands behind your back, sit on your hands or press your hands together.

8. ROBOT TO RAG DOLL

Scrunch up tight and hard like a robot, then slowly let go to turn yourself into a floppy rag doll.

9. ICE TO WATER

Scrunch up tight and hard like an ice block, then slowly let yourself melt.

10. TAKE A WALK

This is when you go for a fast walk around the room, or the yard to get yourself calmed down.