

When was the last time you were angry? What made you angry and how did you handle the situation?

SHARE

Use deep breathing. If you feel angry, take in a deep breath through your nose, counting to three. Hold it for a moment, then release the breath through your mouth, counting to five as you do. Repeat as many times as you need to.

TIPS!

During gym class, everyone is playing softball. You're about to make a catch out in the field when someone knocks you to the ground and makes the catch instead.

WHAT WOULD YOU DO?

Use deep breathing. Someone threatens you and puts his finger in your face. To stay calm, you take five deep breaths (breathing in through your nose, holding it, and breathing out through your mouth). Show the group how to do deep breathing.

**ACT
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OUT!**