

Second Step - Anger Management

What to Do When You Are Angry

1. How does my body feel?
2. Calm Down:
 - *Take deep breaths
 - *Count backwards slowly
 - *Think nice thoughts
 - *Talk to myself
3. Think out loud to solve the problem
4. Think about it later:
 - *Why was I angry?
 - *What did I do?
 - *What worked and didn't work?
 - *What would I do differently?
 - *Did I do a good job?

Second step does not teach that feeling angry is bad. It does teach that how you act when you are angry is important. Pushing, hitting, or bullying is not allowed at our school.

Please contact me if you have any questions about Anger Management or Second Step.

Sincerely,
Michelle Hipsley
School Counselor