

Safe Ways to Express Anger

You always have the right to feel angry and to let out your anger. But it is important to let out your anger in ways that are safe and harmless, that do not hurt anything or anyone, including you.

The children below are letting out anger in both safe and harmful ways. Color the GO light green if the picture shows a safe way to let out anger. Color the STOP light red if the picture shows a harmful way to let out anger.



