Anger Busters

I made a poster for our classroom of a list of things we can do to channel our anger in a positive way. I thought I would share them with you to try at home!

- Take a deep breath
- Count to 10
- Do 10 jumping jacks
- Ask for a hug or ask to give someone a hug
- Talk to Mrs. Maleski (Parent)
- Talk to a friend (or sibling)

- Take a break, ask to go get a drink

- Squeeze a pillow