Our Family Anger Extinguishment Plan

1. Pray
2. Get favorite blankie/stuffed animal/lovey
3. Sit in a comfortable chair and rest
4. Ask for a hug
5. Draw a picture
6. Read
7. Count to ten, pretend your finger is a candle and blow it out
8. Go to another room to be alone
9. Write down what is bothering you
10. Talk to someone



Created by Christina Fox www.toshowthemjesus.com