Problem

You don't know how to do your math homework.

Problem

Your best friend breaks your favorite toy.

Problem

You want to go to the mall, but your parents won't let you.

Problem

You want to play video games, but it is past your bedtime and your parents say you have to go to sleep.

Problem

You are being teased at school.

Problem

You forgot your lunch, and you are very hungry.

Problem

Your teacher accuses you of something you didn't do.

Problem

You are playing a game, and another kid takes it away from you.

Problem

You get a bad grade on an important test.

Problem

Your parent makes something you don't like for dinner.

Problem

You want to watch your favorite TV show, but your parents are watching something else.

Problem

Your parents make you go to bed before you are tired.

Problem

Your friend is ignoring you.

Problem

You want to ride your bike, but it has a flat tire.

Problem

Your friends don't want to play the same game as you.

Problem

You don't get the present you wanted for your birthday.

Problem

It rains on the day of your baseball game.

Problem

Your friends go to a movie without you.

Problem

You want to play with your friends, but you have to visit your grandparents instead.

Problem

Your teacher won't listen when you try to explain why you didn't do your homework.

Problem

Your parents won't let you have any sweets.

Problem

Your parent tells you to clean your room when you want to play outside.

Problem

Your teacher tells you to change your seat, but you don't want to.

Problem

You are drawing when another kid bumps into you and ruins your picture.

Problem

Your classmate tells stories about you that aren't true.

Problem

Your friends won't let you join their club.

Problem

A kid in your class calls you a name.

Problem

Your teacher tells you to stay after school.

Problem

At a party, someone takes the piece of cake you want.

Problem

Somebody steals your lunch at school.

Problem

Your best friend has a new best friend.

Problem

Your parents won't buy you the toy you want.

Problem

Your parents won't let you go on a trip with your friends.

Problem

Your friend won't share his toys.

Problem

Your teacher isn't calling on you, even though you know the answer and have your hand raised.

Problem

You don't get picked for the team you want to be on.

Problem

You are thirsty, and there is a long line for the drinking fountain.

Problem

Your parents make you wear a jacket when you're not cold.

Problem

Another kid accidentally trips you in the hallway.

Problem

You slip on a banana peel in the school cafeteria, and everybody laughs at you.

Problem

Your teacher tells you to come in from the playground before you are ready.

Problem

Your teacher stops a game just before it is your turn to play.

Problem

Your parents remind you several times about doing chores around the house.

Problem

You move around on the school bus, and the driver makes you sit in the front seat.

Problem

You are talking on the phone with your best friend, who hangs up on you for no reason.

Problem

Your parents always side with your brother.

Problem

You want to go with your parents, but they leave you at home with a babysitter.

Problem

You want a new pair of sneakers, but your parents say the ones you have are still good enough.

Problem

You are not allowed to sit near your friends during a school assembly.

Problem

Other kids make fun of your haircut.

Solution

Talk calmly and respectfully about your feelings.

Solution

Breathe deeply ten times.

Solution

Avoid the thing or person that is making you angry.

Solution

Find a compromise.

Solution

Walk away.

Solution

Agree to disagree.

Solution

Ask an adult for help.

Solution

Say what you want in a calm, respectful tone.

Solution

Tell the other person you need to take a break and will talk about the problem in ten minutes.

Solution

Say something to yourself that will calm you.

Solution

Think of a calming image, like being at a beach, that will help you keep your temper.

Solution

Do a physical activity that will help you let off steam.

Solution

Relax your shoulders, arms, and hands, while breathing slowly and deeply until you feel calm.

Solution

Talk to a friend.

Solution

Ask to have a family or classroom meeting to discuss your problem.

Solution

Do something creative, like drawing or writing.

Solution

Distract yourself by working on the computer, doing a hobby, or watching a funny movie.

Solution

Think about the other person's point of view before you say anything.

Solution

Solution

Solution

Solution

Solution

Solution

Think About It

Give an example of another situation when you could manage your anger using the same solution.

Think About It

What else could you do to solve this problem?

Think About It

Act out another solution to this problem.

Think About It

Do you think this solution works? Why or why not?

Think About It

Was there ever a time when you felt like this? Tell the other players about it.

Think About It

Have you ever been in this situation? What did you do?

Think About It

Would you do the same thing if you were really in this situation? Why or why not?

Think About It

Ask what another player thought of your solution, and why.

Think About It

Describe a time when you were really angry. Could the solution used in this situation have helped you then? Why or why not?

Think About It

Give an example of something that calms you.

Think About It

See if you can think of two other ways to solve this problem.

Think About It

Explain why this situation makes you angry.

Think About It

How does this solution help you control your anger?

Think About It

What do you usually do when you get angry? Is it different or the same as the solution you just used?

Think About It

Did you like this solution? Why or why not?

Think About It

Do you know anyone who's been in a situation like this? What did that person do?

Think About It

Give an example of a solution that would not be good in this situation. Tell why you think it would not be a good choice.

Think About It

Describe what you feel like when you're angry.

Think About It

What is the worst thing about getting angry?

Think About It

When was the last time you were angry? How did you handle it?

Think About It

How do you feel when other people get angry? Why do you feel that way?

Think About It

Ask what another player would do in this situation. What do you think of that solution?

Think About It

Give an example of something that always makes you angry. Why does it make you angry? Now think of a solution.

Think About It

Was there a time when you used this solution? When? If not, think about a time when you could have used it.