

My Cool-Off Plan

Please think about the way you can calm down or "cool-off" your anger when you are upset. Often, we need to have different strategies ready for different situations. Think of as many things as so can for each situation below.

If I were able to do anything at all to calm down I would:

- 1) _____
- 2) _____
- 3) _____

When I'm at home, what I could do to cool-off when I'm angry is:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

When I'm at school in the classroom and I feel angry I could:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

When I'm at school on the playground, if I get angry at someone I will:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____