

GETTING MAD IS NOT THE WAY

When I get , what should I do?

I want to  and throw things,

My face gets hot, my cheeks turn 

I can't control my yelling

Instead I need to settle down

I need to take it slowly

I'll stop and take a great big breath

And count to myself calmly

Don't be afraid to ask for advice

When facing a tough situation

Don't hurt anybody or hurt yourself

It leads to more aggravation

You have to find that inner peace

Relax and find a solution

You can't keep acting out your rage

Let's find a resolution!

Tag: Don't rush to anger when trouble is near,
there's conflict resolution!

