

Name: _____

Something happened between you and your friend. You get angry. You start to lose control. What do you do? You need to talk – to yourself! Instead of just reacting, you can use positive self-talk. It’s a great way to start thinking clearly in an emotional situation. It’s so great, in fact, that you should tell an adult about it!

Staying in Control

- Notice.** Recognize your physical and mental signs.
- Pause.** Use your signal.
- Think twice.** Use your brain.
- Calm down if necessary.** Use your calming-down strategies.
- Reflect.** How did you do?

Explain the Steps for Staying in Control to an adult family member. Then ask him or her the following questions about what makes him or her angry, how it makes him or her feel, and what things he or she might say to himself or herself to calm down. Then tell the adult how you’d respond to the same questions. Use the space below to record both of your thoughts.

	Adult	You
When do you get angry?		
How can you tell when you’re mad?		
What are some things you might say to yourself to calm down when you’re mad? Think of as many things as you can!		

This homework assignment was completed on _____ (date) _____ [adult] signature