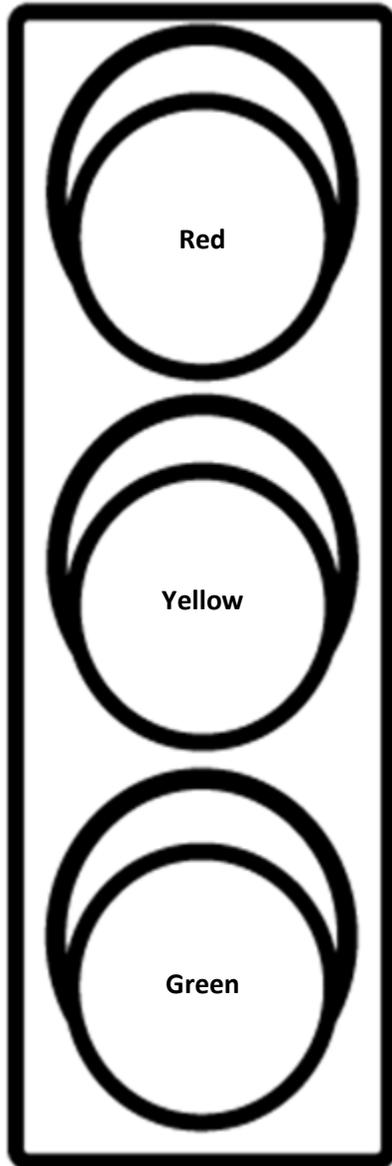

's Anger Control Stoplight

Color your stoplight by coloring the sections labeled Red, Yellow, and Green

When you are angry, use your stoplight to remind you how to behave appropriately. When you feel like you might lose control, **STOP**. Next, **CALM DOWN** and think of a solution to your problem. When you are calm, you can **GO** ahead and solve your problem!



Red= Stop

Yellow= Calm Down

Green= Go

Use the following scenarios to practice anger management skills while using the stoplight as a visual aide:

- A sibling is continually teasing you
- At recess, some kids tell you that you can't join in a game
- You get home from school only to find that your dog has chewed up a favorite toy
- You are being picked on by a classmate every day
- You spill your milk all over the table
- You lose a game