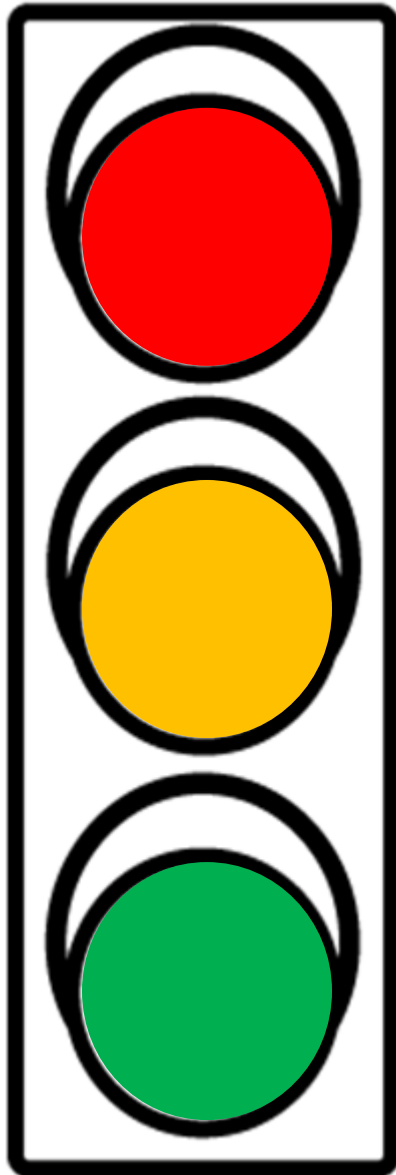

's Anger Control Stoplight

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