DRAW / COLOR / NOTICE

My anger weather.

Draw what anger could look like.
Lines, colors, and shapes all work.



What might help my storm slow?

Circle one thing I could try:

Space / Company
Safe movement / My own idea

A grown-up can help you choose.

TEAM UP WITH A GROWN-UP

You can get help with big anger.

If anger keeps hurting you, other people, or relationships, ask a safe grown-up to help you talk with a counselor or health professional.

You don’t have to handle someone else’s anger. If someone hurts or threatens you, tell a safe adult.

**“I’m getting too mad.
Please help me take a break.”**

A grown-up who can help:

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

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13 / KIDS AGES 8–12

Mad Doesn’t Make You Bad

**Big feelings.
Safer next steps.**



**Anger is a feeling.
It doesn’t decide who you are.**

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Mile or a Millimeter

01 / SPOT THE CLUES

Clues before the storm.

Circle the clues you notice.
Yours may look different.

- Hot face
- Tight hands
- Fast heart
- Loud voice

My first clue:

_____

One thing that set it off:

_____

_____

A clue does not mean you're bad.

02 / MY PAUSE PLAN

Make room for a safer next step.

Choose a safe place with a grown-up.
You can pause before you talk.

1 Make space.

Step back if it's safe.
Put down what's in your hands.

2 Let your body pause.

Feel your feet. Let your hands rest.
Try an easy breath if it feels okay.

3 Tell someone.

"I'm mad. I need a minute
and some help."

My pause place:

_____

My helper:

_____

03 / AFTER THE STORM

Practice making things right.

When you feel ready, ask a grown-up
to help you work out what happened.



What happened?

_____

What did I do?

_____

What could help repair it?

_____

**"I was mad. I yelled.
I'm sorry. Next time I can
ask for help."**