

# The Cool-Down Game

Everyone gets angry some of the time, but it's important to know what to do with your anger.

- Should you yell and scream? Nope, that doesn't help.
- Should you blame someone else and call them names? No, that doesn't help either.
- How about storming out of the room, slamming the door, and not talking to anyone? Well, that doesn't help either.

Usually, the best thing to do is to talk about what made you angry and try and solve the problem that caused your anger so that it doesn't happen again. But first you'll want to "cool down" and this game can help you learn ways to do just that.

First, you'll want to find a grown-up to play the **Cool-Down Game** with you. You will need a copy of the game sheet on the next page, ten pennies, and ten nickels. The object of the game is to get the highest number of points by pitching coins into the Cool-Down Circles. Here are the rules:

1. Each player gets ten coins, either all pennies or all nickels.
2. Take turns tossing a coin, trying to get it on a Cool-Down Circle. If it lands at least halfway in the circle, you can earn the number of points shown in that circle. To earn the points, you have to tell how you could use the technique in the circle when you are angry.
3. If the coin lands on an angry face, the number of points shown are taken away.
4. When all the coins have been tossed, the player with the most points is the winner.

Once you have played the game, you should go back and look at all the ways you can "cool down." Pick one or two ways to cool down that you think would help you the next time you get so angry that you feel like you are losing control.

# THE COOL DOWN GAME

Talk about what's bothering you with a friend.  
**+3**

Listen to quiet music.  
**+1**



Play a game with someone.  
**+2**



Draw a picture of your anger.  
**+1**



Find something to make you laugh.  
**+2**



Take 5 deep breaths.  
**+3**



Think of 2 alternative solutions to your problem.  
**+2**



Walk around in circles until you cool down.  
**+1**



Sit down and relax your muscles.  
**+2**

# Things to Think About

What are some things that make you angry?

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What are some ways you can handle your anger in the future?

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What are some ways you can solve the problems that make you angry.

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