

**Quick and Easy  
Tips to Control  
Anger and  
Frustration**

**Exercise!**

...

**Don't stress over small details**

...

**Take time for yourself**

...

**Practice, Practice, Practice**

...

**Surround yourself with friends**

...

**Utilize technology and Apps**

...

**Take a deep breath!**

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# TIPS ON CONTROLLING ANGER AND FRUSTRATION

**For Elementary School Children**



## Tips on Controlling Anger and Frustration for Elementary School Children

Many kids have a difficult time expressing their emotions, making controlling anger and frustration especially difficult. There are lots of things that are likely to upset you in life, but when you learn how to be in control of it, you'll do much better at school and with your friends. Simple things like exercising and taking a break can make a huge difference in the way you deal with your anger and frustration.

Here are some of our favorite tips on managing your anger and frustrations:

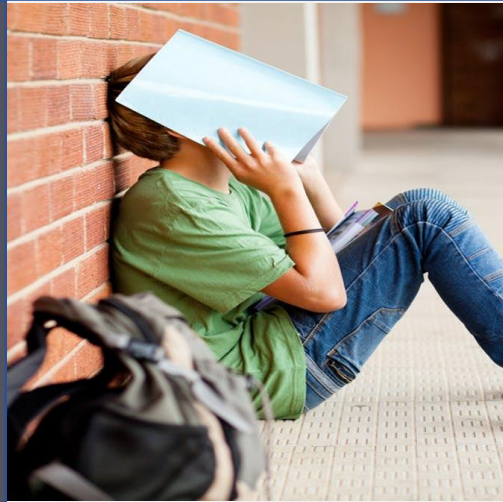


### Go outside to handle stress.

Being outside and getting fresh air can help a lot!

Leaving technology inside and doing something you like outside can make you feel better.

Try to be outside for an hour a day.



### Learn how to deal with frustrating situations.

Knowing what situations make you frustrated can help you deal with them.

Try playing video games that are frustrating and learn how to beat them!

This way, you will learn that situations that frustrate you are "beatable."

### Talk to someone when you are stressed.

Know who you can talk to when you are really upset.

This could be a parent, other family member, or friend.

Go to this person when you are upset to talk about what is making you upset.

### Take a break.

The best way to handle a stressful activity is to take a break.

Don't be afraid to stop in order to relieve your stress!

Try exercising, having a healthy snack, or talking to a friend or family member.

### Teach someone how to use a new gadget!

Teach your parents how to set up their new phone or DVD player.

You will likely make mistakes, but that's the best part!

Learning from your mistakes is a great way to handle stressful situations.

### Learn to think happy thoughts!

Thinking happy thoughts can help you when you are stressed.

Find a few happy thoughts that are easy to think about.

For example, try thinking about being at the beach or doing other fun activities!

### Use music.

Music can be a great way to change your mood.

Some music can make you happy, while other music can make you focused.

Carry headphones with you so you can listen to music when you need to!