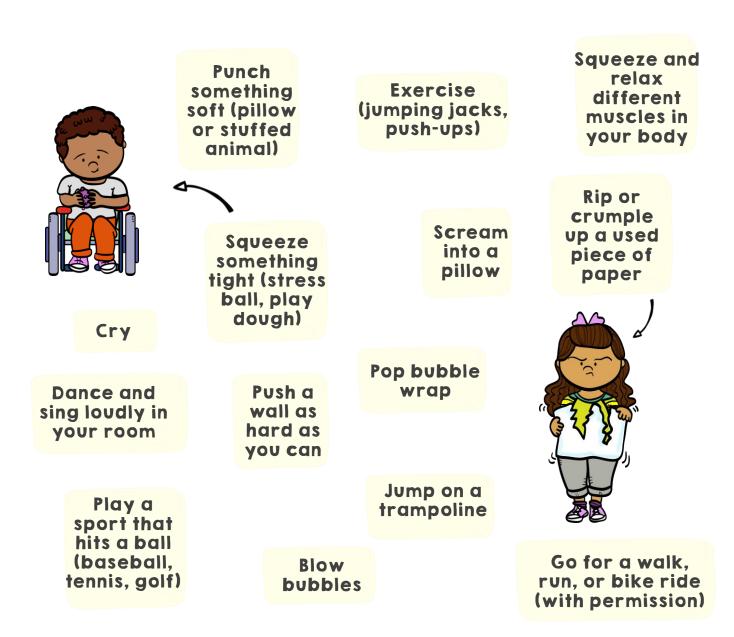
Letting it Out!

Sometimes you might feel that your body is filled with so much anger that you need to do something to let it out. Some kids feel like they need to hit something, throw objects, or yell at someone whenever they feel angry. This usually ends up leading to consequences or somebody getting hurt. Instead of hitting someone, screaming, or slamming doors, read below to get ideas of more positive ways to let your anger out!



Remember that it is important to learn how to cope with your anger before it gets to the point where you want to hurt others or destroy property!



