

Help a Friend (with Anger)

Check out these tips below to learn how to be a good friend when someone is feeling upset.

Be a Good Listener

Listen to your friend when they're upset. Sometimes, just talking about what's bothering them can help them feel better.



Use Calm Words

When you talk to your friend, use calm and gentle words. Talking in a soft voice might work to help them feel more relaxed.

Take Deep Breaths Together

Try taking deep breaths together. Inhale slowly, then exhale. It's a simple trick that can help everyone feel a bit calmer.

Suggest a Break

Sometimes, it's helpful to take a little break. You can suggest doing something fun together or finding a quiet place to relax for a bit.



Give Them Time

Give your friend time to calm down. Everyone can use a little time and understanding when they're upset.

