

Healthy and Unhealthy Anger

Decide if the actions below are examples of dealing with anger in a healthy or unhealthy way. Colour in the traffic lights to show your decisions.

Green = Healthy anger. **Amber** = Depends on the situation. **Red** = Unhealthy anger.

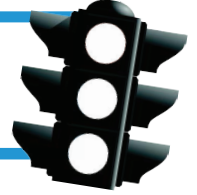
Colour in the traffic lights when you make your decision



Screaming



Counting to 10



Writing in a diary



Sulking



Throwing things



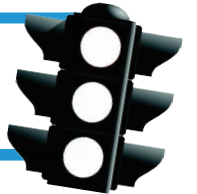
Listening to music



Saying mean things to others



Talking to somebody



Going for a walk



Taking time out



Can you think of other examples of dealing with anger in a healthy way?

