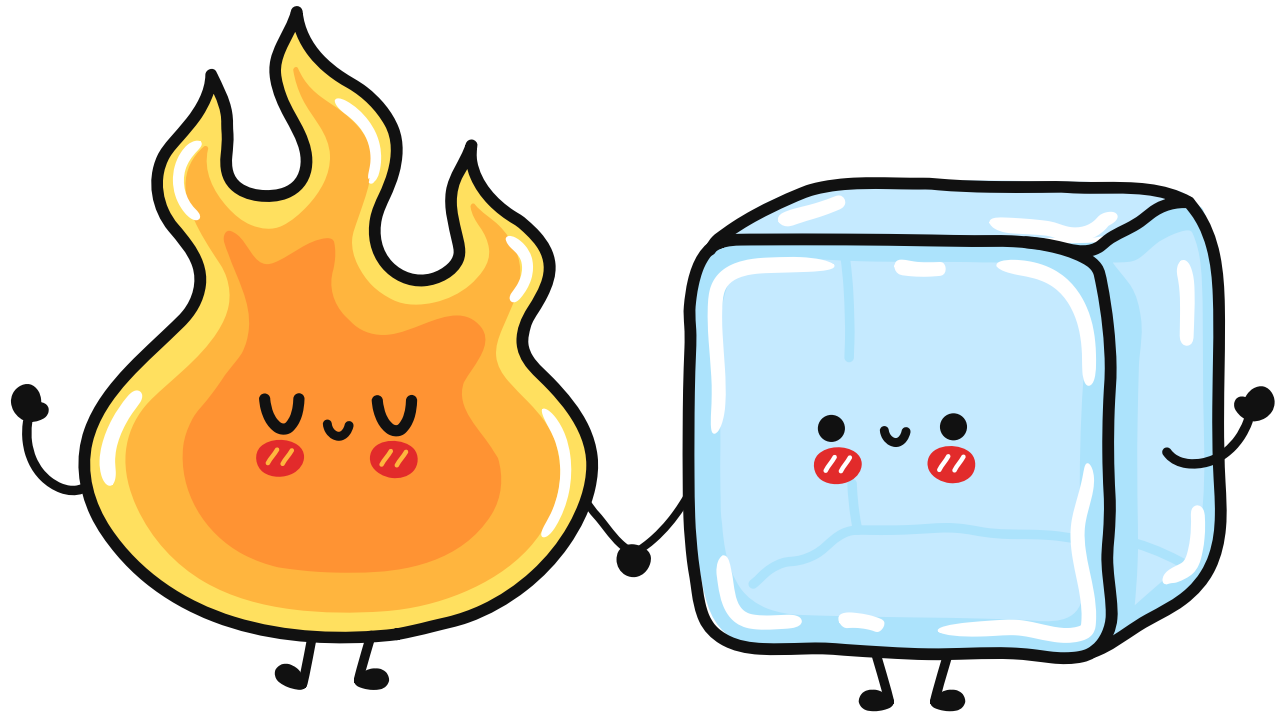


CHILL OUT: MY ANGER ACTIVITY BOOK



YOUTH SERVICES DEPARTMENT
EDUCATION & TRAINING CENTER

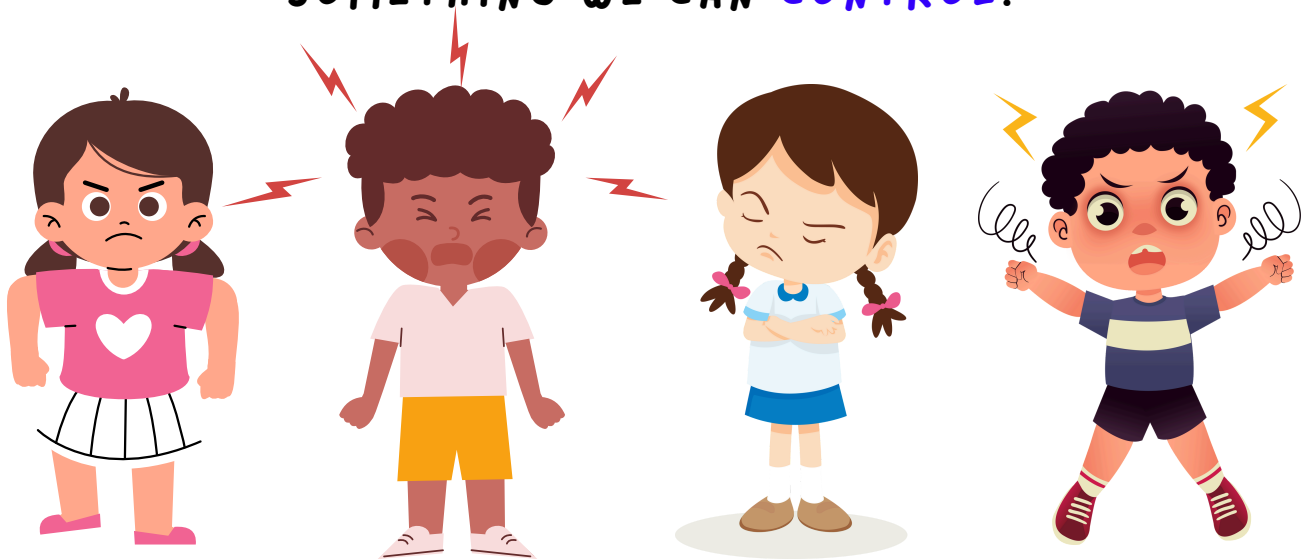


WHAT IS ANGER?

ANGER IS A **NORMAL** FEELING THAT EVERYONE EXPERIENCES SOMETIMES. IT CAN HAPPEN WHEN WE FEEL HURT, FRUSTRATED, DISRESPECTED, OR WHEN THINGS SEEM UNFAIR. SOMETIMES, WE MIGHT GET ANGRY WHEN THINGS DON'T GO THE WAY WE WANT, OR WHEN SOMETHING FEELS OUT OF OUR CONTROL.

ANGER ISN'T BAD ON ITS OWN. IT'S JUST A **FEELING**, LIKE HAPPINESS OR SADNESS. BUT IT CAN CAUSE PROBLEMS IF WE ACT IN A WAY THAT HURTS OURSELVES, OTHERS, OR THINGS AROUND US. WHEN WE LET ANGER CONTROL US, IT CAN MAKE US SAY OR DO THINGS WE MIGHT REGRET LATER.

THE GOOD NEWS IS, WHEN WE UNDERSTAND OUR ANGER, WE CAN LEARN TO HANDLE IT IN A **HEALTHY** WAY. TAKING DEEP BREATHS, TALKING ABOUT HOW WE FEEL, OR FINDING A QUIET SPACE TO CALM DOWN ARE JUST SOME WAYS TO HELP. THE MORE WE PRACTICE, THE BETTER WE GET AT TURNING OUR ANGER INTO SOMETHING WE CAN **CONTROL**.

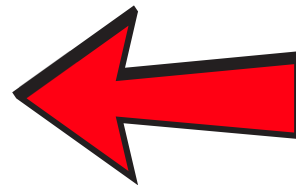


ANGER WORD SEARCH

A	O	O	F	U	R	I	O	U	S	R	U
S	T	F	E	R	D	U	R	G	G	S	R
R	N	F	R	U	S	T	R	A	T	E	D
T	E	N	D	A	P	D	A	M	G	G	S
A	F	A	E	S	F	N	R	N	R	I	O
I	Y	Y	A	O	N	A	A	A	A	U	O
E	A	U	T	O	T	I	U	A	P	R	A
A	E	T	Y	U	A	R	Y	A	G	U	I
R	D	E	T	A	T	I	G	A	I	T	R
E	D	S	I	R	R	I	T	A	T	E	D
A	I	P	I	T	G	E	D	S	I	T	D
P	E	U	T	N	D	D	D	E	R	S	M

ANGER
MAD
UPSET
AGITATED
ANNOYED
IRRITATED
FRUSTRATED
FURIOUS

FIND THESE **ANGER**
WORDS IN THE WORD
SEARCH!



DRAW YOUR ANGER

SOMETIMES ANGER FEELS **BIG**... TOO BIG FOR
WORDS. DRAWING IT OUT CAN HELP US
UNDERSTAND IT BETTER.

WHAT DOES YOUR ANGER LOOK LIKE? WHAT COLOR
IS IT? WHAT SHAPE OR CREATURE COULD IT BE?
IS IT SPIKY, SWIRLY, OR FIERY?

THERE'S NO RIGHT OR WRONG ANSWER!



MY ANGER TRIGGERS

TRIGGERS ARE THE PEOPLE, PLACES, OR SITUATIONS THAT MAKE YOU FEEL ANGRY. THEY DON'T CAUSE YOUR ANGER, BUT **THEY CAN SET IT OFF**, LIKE A TINY FLAME BECOMING A BIG FIRE. LEARNING YOUR TRIGGERS HELPS YOU TAKE BACK CONTROL.

I FEEL ANGRY WHEN SOMEONE _____

I LOSE MY TEMPER WHEN _____

I GET REALLY FRUSTRATED WHEN _____

I DON'T LIKE IT WHEN PEOPLE _____

I FEEL OUT OF CONTROL WHEN _____

I GET HEATED WHEN I HEAR SOMEONE SAY _____

I CAN'T STAND IT WHEN SOMEONE _____

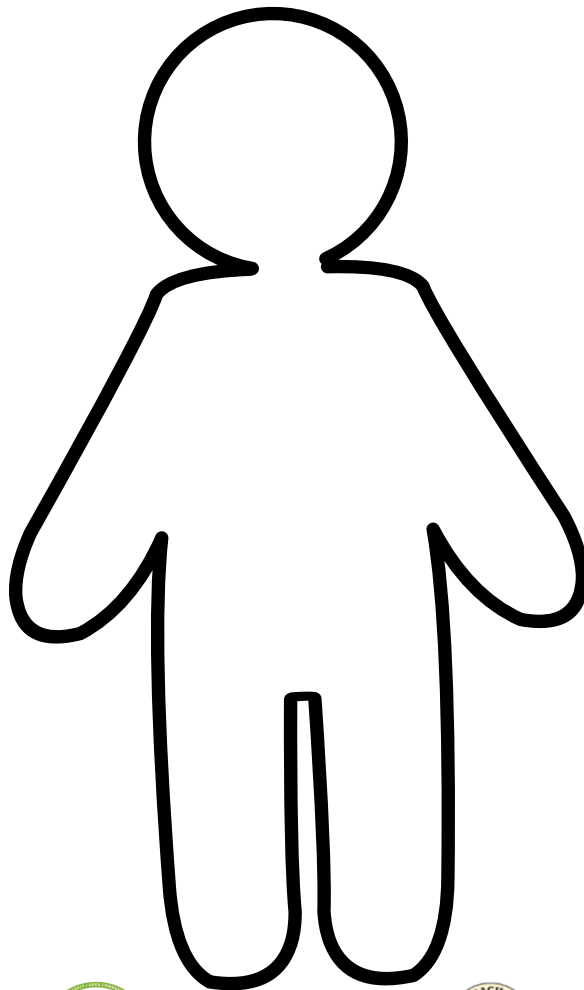
I FEEL LIKE EXPLODING WHEN _____



WHAT MY ANGER FEELS LIKE

YOUR BODY SENDS CLUES WHEN ANGER SHOWS UP.
YOU MIGHT FEEL HOT, TENSE, SHAKY, OR EVEN
LIKE YOU WANT TO EXPLODE. THESE ARE CALLED
WARNING SIGNS. WHEN YOU NOTICE THEM, IT'S A
CHANCE TO COOL DOWN BEFORE THINGS GET OUT
OF CONTROL.

COLOR THE BODY WHERE YOU FEEL ANGER.



Palm Beach County
Board of County Commissioners

WHAT'S OKAY... AND WHAT'S NOT?

FEELING ANGRY IS **TOTALLY NORMAL**. EVERYONE GETS MAD SOMETIMES. BUT IT'S HOW WE DEAL WITH ANGER THAT MATTERS. SOME REACTIONS HELP US COOL DOWN AND SOLVE PROBLEMS. OTHER REACTIONS CAN HURT PEOPLE, DAMAGE THINGS, OR MAKE THE SITUATION WORSE.

LET'S FIGURE OUT WHICH REACTIONS ARE OKAY... AND WHICH ONES ARE NOT.

CIRCLE THE REACTIONS THAT ARE HEALTHY WAYS TO SHOW ANGER.

YELLING INTO A PILLOW

WRITING IN A JOURNAL

HITTING SOMEONE

SCREAMING AT SOMEONE

WALKING AWAY TO CALM
DOWN

DEEP BREATHING

BREAKING SOMETHING

BLAMING OTHERS

TALKING TO A TRUSTED
ADULT

GOING FOR A WALK

DRAWING OR MAKING ART

THROWING THINGS

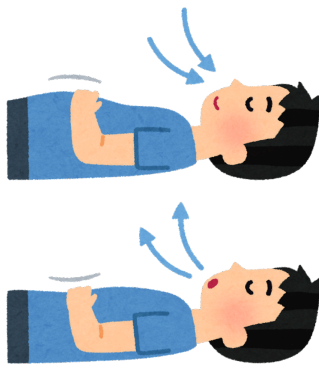
COUNTING TO TEN



CHILL-OUT TOOLS

WHEN YOUR ANGER STARTS HEATING UP, IT HELPS TO HAVE TOOLS READY TO **COOL IT DOWN**. THESE ARE THINGS THAT HELP YOUR MIND AND BODY CHILL OUT BEFORE YOU EXPLODE.

EVERYONE'S CHILL OUT TOOLS ARE **DIFFERENT**. WHAT WORKS FOR YOU?



HOW CAN YOU COPE?

EXERCISE, COUNT TO 10, WALK AWAY, TALK TO SOMEONE

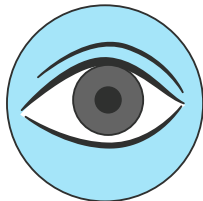


CHILL OUT COUNTDOWN

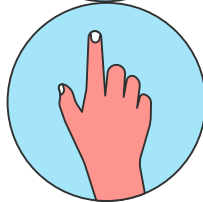
5, 4, 3, 2, 1

GROUNDING HELPS BRING YOUR BRAIN BACK TO THE **HERE AND NOW**. THIS COOL TECHNIQUE USES YOUR SENSES TO LOWER THE HEAT.

TAKE A FEW MINUTES, LOOK AROUND YOU, AND **USE YOUR 5 SENSES TO CHILL OUT**.



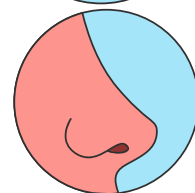
5 THINGS I CAN SEE



4 THINGS I CAN TOUCH



3 THINGS I CAN HEAR



2 THINGS I CAN SMELL



1 THING I CAN TASTE



PEOPLE WHO HELP ME COOL DOWN

SOMETIMES WE NEED HELP WHEN OUR ANGER
FEELS TOO BIG TO HANDLE ALONE. **IT'S OKAY TO
ASK FOR SUPPORT.** THE RIGHT PEOPLE CAN HELP
US FEEL SAFE, HEARD, AND CALM. DRAW A
PICTURE. **WHO'S IN YOUR COOL DOWN CREW?**



MY COOL DOWN CARDS

MAKE YOUR OWN COOL DOWN CARDS TO GIVE TO
ADULTS **WHEN TALKING IS DIFFICULT.**

MY NAME:

WHEN I HAND YOU THIS CARD, I FEEL:

I NEED:

MY NAME:

WHEN I HAND YOU THIS CARD, I FEEL:

I NEED:

MY NAME:

WHEN I HAND YOU THIS CARD, I FEEL:

I NEED:



WHAT IS THERAPY?

THERAPY IS A SAFE SPACE AND JUDGMENT-FREE ZONE WHERE YOU CAN TALK ABOUT YOUR THOUGHTS AND FEELINGS WITH SOMEONE WHO LISTENS AND HELPS YOU FIND WAYS TO FEEL BETTER. IT'S A PLACE TO LEARN NEW SKILLS, BUILD CONFIDENCE, AND GET SUPPORT WHEN LIFE FEELS TOUGH.

WHY IS THERAPY HELPFUL?

- A SAFE SPACE TO SHARE FEELINGS
- TEACHES TOOLS TO HANDLE STRESS, ANXIETY, AND EMOTIONS
- BETTER COMMUNICATION WITH FRIENDS & FAMILY
- MORE CONFIDENCE IN YOURSELF
- HEALING & SUPPORT FOR TOUGH EXPERIENCES

BREAKING THE STIGMA!

TAKING CARE OF YOUR MENTAL HEALTH IS JUST AS IMPORTANT AS TAKING CARE OF YOUR PHYSICAL HEALTH. THERAPY ISN'T JUST FOR BIG PROBLEMS —IT'S FOR ANYONE WHO WANTS TO GROW, HEAL, AND FEEL THEIR BEST. ASKING FOR HELP IS A SIGN OF STRENGTH!

LET'S NORMALIZE THERAPY!

- IT'S OKAY TO ASK FOR HELP
- YOU DON'T HAVE TO GO THROUGH THINGS ALONE
- EVERYONE DESERVES SUPPORT AND CARE

YOUR MENTAL HEALTH MATTERS.

YOU MATTER.

THERAPY IS HERE TO HELP YOU FEEL HEARD, UNDERSTOOD, AND STRONGER EVERYDAY!



FREE THERAPY SERVICES IN PALM BEACH COUNTY!

IN-PERSON AND TELEMENTAL HEALTH SERVICES OFFERED FOR AGES 0-22

EDUCATION & TRAINING CENTER

**100 AUSTRALIAN AVE, SUITE 210, WEST PALM BEACH, FL 33406
(561) 233-4460**

HIGHRIDGE FAMILY CENTER (RESIDENTIAL)

**4200 N. AUSTRALIAN AVE, WEST PALM BEACH, FL 33407
(561) 625-2540**

YOUTH & FAMILY COUNSELING - WEST COUNTY

**38754 STATE ROAD 80, BELLE GLADE, FL 33430
(561) 992-1233**

YOUTH & FAMILY COUNSELING - NORTH COUNTY

**3188 PGA BLVD., ROOM 1436, WEST PALM BEACH, FL 33410
(561) 242-5714**

YOUTH & FAMILY COUNSELING - SOUTH COUNTY

**345 S. CONGRESS AVE, WEST PALM BEACH, FL 33445
(561) 276-1340**

YOUTH & FAMILY COUNSELING - FOUR POINTS

**50 S. MILITARY TRAIL, SUITE 203, WEST PALM BEACH, FL 33415
(561) 242-5714**

[PBC.GOV/YOUTHSERVICES](https://pbc.gov/youthservices)

