

20 THINGS TO DO INSTEAD OF HURTING SOMEONE BACK

When someone hurts you, it's natural to feel angry. Sometimes you might want to get back at the person by hurting him or her. But you can choose not to do that. You can do these things instead:

1. STOP and THINK.
2. Remember that you own your actions. You can decide what to do.
3. Tell yourself, "It's okay to be angry. It's NOT okay to hurt someone else. Even if that person hurt me first."
4. Tell the person, "Stop that! I don't like that!"
5. Keep your hands to yourself. Make fists and put them in your pockets.
6. Keep your feet to yourself. Jump or dance or stomp.
7. Walk away or run away.
8. Tell the person how you feel. Use an "I message." *Example:* "I feel angry when you hit me."
9. Take a deep breath, then blow it out. Blow your angry feelings out of your body.
10. Find an adult. Tell the adult what happened and how you feel.
11. Count slowly from 1 to 10. Count backwards from 10 to 1. Keep counting until you feel your anger getting smaller.
12. Think cool thoughts. Imagine that you're sitting on an iceberg. Cool down your hot, angry feelings.
13. Think happy thoughts. Think of something you like to do. Imagine yourself doing it.
14. Treat the other person with kindness and respect. It won't be easy, but give it a try! This will totally surprise the other person, and it might end the conflict then and there.
15. Draw an angry picture.
16. Sing an angry song. Or sing any song EXTRA LOUD.
17. Remember that getting back at someone never makes conflict better. It only makes it worse.
18. Take a time out. Go somewhere until you feel better.
19. Find another person to be with.
20. Know that YOU CAN DO IT. You can choose not to hurt someone else. It's up to you!