

THE ANGER RULES

IT'S OK TO GET MAD, BUT:

DON'T Hurt Others!
DON'T Hurt Yourself!
DON'T Hurt Property!

INSTEAD:

DO Talk About It!

Remember, 'hurting' includes someone else's or your own feelings.

Adapted from *A Volcano in my Tummy* by Eliane Whitehouse & Warwick Pudney

