20 THINGS TO DO INSTEAD OF HURTING SOMEONE BACK

*When someone hurts you, it’s normal to feel angry. You might even want to get back at the person by hurting them. But you can choose not to do that. You can do one (or more) of these things instead.*

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| 1. STOP and THINK. Don’t do anything right away. Think about what might happen if you try to hurt the other person. 2. Know that what you do is up to you. You can decide. You are in charge of your actions. 3. Tell yourself, “It’s okay to feel angry. It’s not okay to hurt someone else. Even if that person hurt me first.” 4. Tell that person, “Stop that! I don’t like that!” 5. Keep your hands to yourself. Make fists and put them in your pocket. 6. Keep your feet to yourself. Jump or dance or stomp. 7. Walk away or run away. Then take a walk or run around the block. 8. Tell the person how you feel. Use an “I message.” Example: “I feel angry when you hit me because it hurts. I want you to stop hitting me.” 9. Take a deep breath, and 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. | 1. Count slowly from 1 to 10. Count backwards from 10 to 1. Keep counting until you feel your anger getting smaller. 2. Think cool thoughts. Imagine that you’re sitting on an iceberg. Cool down your hot, angry feelings. 3. Think happy thoughts. Think of something you like to do. Imagine yourself doing it. 4. Find another person to be friends with. 5. Take a time-out. Go somewhere until you feel better. 6. Sing an angry song. Or sing any song extra loud and long. 7. Draw a picture to express your anger – then tear it up and throw it away. 8. Treat the other person with kindness. It won’t be easy, but give it a try. This will totally surprise the other person. 9. Remember that getting back at someone never makes it better. It only makes it worse. 10. Know that you can do it. You can choose not to hurt back. It's up to you. |