

Sometimes I get really mad! What can I do?  
—Mad in Melbourne



### Dear Mad,

Here are some things you should know about feeling angry—plus some ideas to try next time you're upset.

Keep trying!

The Friend

### Get the Facts

**FACT 1:** Feeling angry doesn't mean you're bad. Sometimes those feelings are a signal to do something positive to feel better. Try the ideas on this page the next time you need to chill out.

**FACT 2:** Heavenly Father always loves you and understands your feelings. You can pray and tell Him about your feelings anytime. The Holy Ghost can comfort you and help you feel calm.

**FACT 3:** It's never OK to hurt someone when you're angry—with your words or your body. If you're mad at someone, try talking with them and finding a solution. If someone is hurting you, make sure you get help right away.

1. Stand like a superhero



2. Breathe in and stretch up high



### Strike a Pose

The way we move can change how we feel. Try this next time you're upset!

3. Breathe out slowly and reach for the ground



4. Repeat!



When I'm mad, I like to listen to good music.



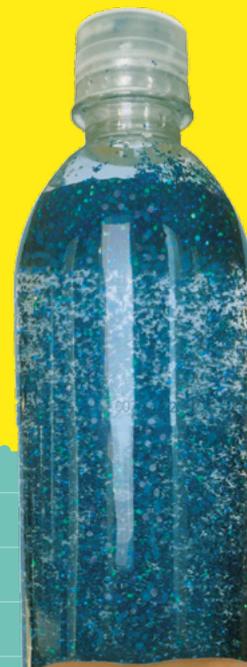
And I like to sit in my room and draw.



## Make a Calming Glitter Bottle

When you're upset and want to feel calm, shake the bottle. Then breathe deeply. As you watch the glitter settle, let your feelings settle too.

1. Fill a plastic bottle with water. Leave a little room at the top.
2. Add lots of fine glitter.
3. Add clear glue if you want the glitter to move more slowly.
4. Glue or tape the lid tightly closed. It's ready to shake!



### Also Try...

You could also add food coloring, bigger glitter, glitter glue, pipe cleaners bent in fun shapes, etc. Have fun with it!



### Let It Drift Away

Here's something you can try while watching your calming glitter bottle.

- Sit or lie in a comfy position. Breathe in so your stomach expands like a balloon. Breathe out slowly. Try doing this five times.
- Imagine your angry thoughts turning into clouds. As you breathe, let the thoughts drift away.
- If new angry thoughts come, watch them turn into clouds and drift away too.

### When I'm Angry, I Can...

- Talk to someone about how I feel
- Pray for help to calm down
- Run, dance, or play a sport
- Write in my journal
- Count backwards from 100
- Draw a picture
- Use my calming glitter bottle
- Idea: \_\_\_\_\_
- Idea: \_\_\_\_\_



### WHAT'S ON YOUR MIND?

Do you have a question about the gospel, growing up, or getting a testimony? Email us at [friend@ldschurch.org](mailto:friend@ldschurch.org) and put "What's on Your Mind?" in the subject line. Don't forget to include the permission statement on page 39. We're excited to hear from you!