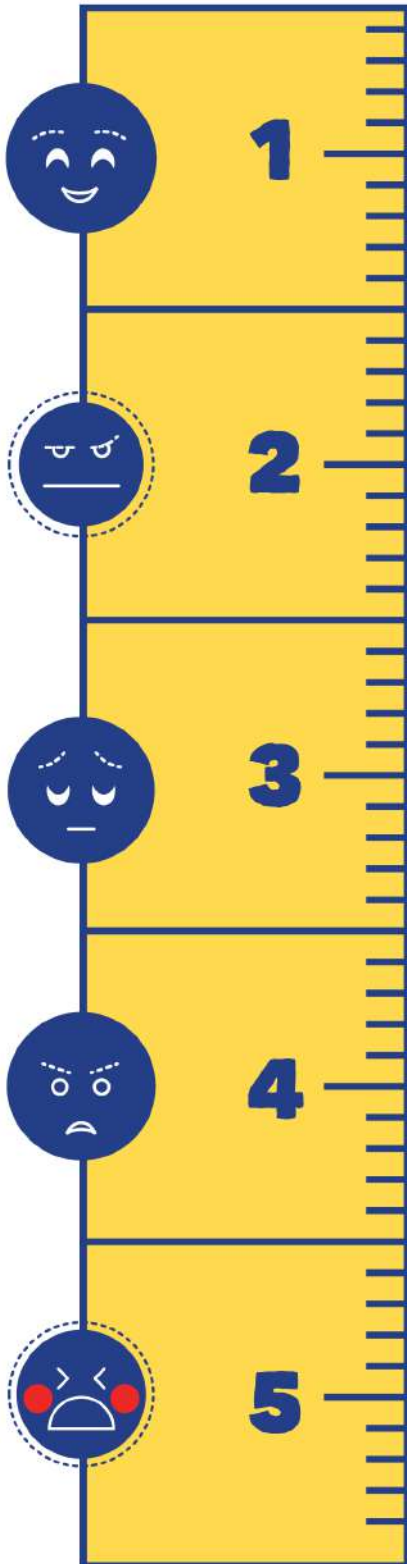


ANGER TAPE MEASURE

Step 1: STOP to think about what kind of anger you're feeling

Step 2: LOOK to see how your anger measures up

Step 3: LISTEN to the truths and tips below to help you deal with how you feel



- *"The Lord gives me strength. He is like a shield that keeps me safe. My heart trusts in him, and he helps me. My heart jumps for joy. With my song I praise him."* Psalm 28:7 (NirV)
- Thank God for this feeling and what is making you feel this way!
- When you're calm, it's easier to come up with a plan for when you're not. Think about what you will do when your anger is higher on the measuring tape.

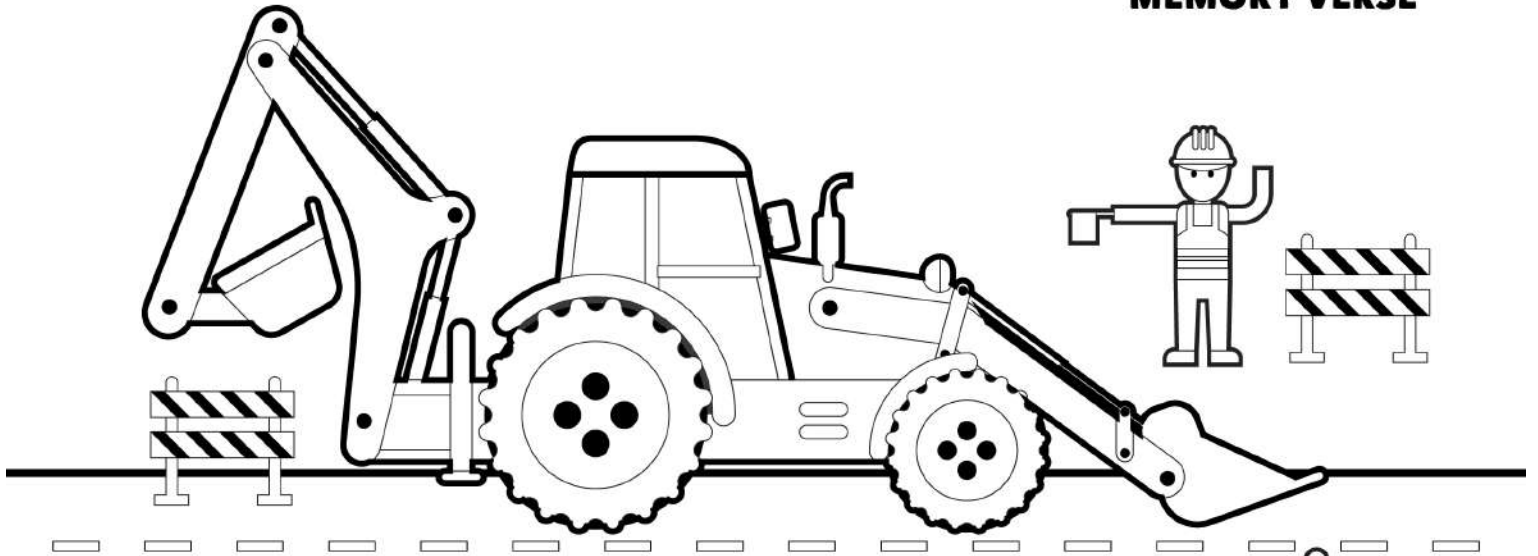
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- *"In everything, do to others what you would want them to do to you."* Matthew 7:12 (NirV)
 - Let the person who is annoying you know that you need a break for a few minutes.
 - Do something kind for the person who is bothering you.

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- *"Turn all your worries over to [God]. He cares about you."* 1 Peter 5:7 (NirV)
 - Tell God what's going on and how you feel. Then ask Him for help and trust that He will take care of you.
 - Thankfulness helps us fight frustration and disappointment. Think of three things you can be thankful for right now.

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- *"Scripture says, 'When you are angry, do not sin.' Do not let the sun go down while you are still angry. Don't give the devil a chance."* Ephesians 4:26-27 (NirV)
 - Take a break from the situation before you do the wrong thing. Then think about the right way to respond.
 - Take some deep breaths, and ask God to take care of what is making you angry.

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- *"Get rid of all hard feelings, anger, and rage. Stop all fighting and lying. Don't have anything to do with any kind of hatred. Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done."* Ephesians 4:31-32 (NirV)
 - Yell into your pillow, do jumping jacks, or rip blank paper.
 - Ask an adult for help.

ELEMENTARY
MEMORY VERSE



**"But even if we don't
feel at ease, God is
greater than our
feelings, and He
knows everything."**

1 JOHN 3:20

