Teen Anger Cool Down Steps

Notice. Pause. Cool the body. Choose. Repair.

Name: _____ **Date:** _____

1. Notice the cue

Jaw, chest heat, fists, voice rising.

2. Name it + rate

Angry / frustrated. Rate 0 to 10.

3. STOP briefly

Stop. Take a step back. Observe. Proceed.

4. Cool the body

Breath, cold water, walk, stretch.

5. Check the size

Is this a 3, a 6, or a 9?

6. Choose a skill

Opposite action, problem solve, exit.

7. Use an I-statement

I feel... when... I need...

8. Repair if needed

Own it. Fix what you can. Move on.

Tip: cool-down beats venting. Lower arousal first, then talk or solve.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Anger is a signal. Aggression is a choice. Skills give you options.

Original layout by Lotus & Tulip, based on teen anger skill practice. A practice tool, not therapy.

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My Anger Plan

Trigger. Body cues. Intensity. Cool-down. Repair.

Name: _____ **Date:** _____

Trigger / situation (who, where, what happened):

_____

Body cues I notice (jaw / fists / heat / voice / thoughts):

_____

Intensity 0-10: _____ **Feeling word:** _____

Cool-down menu (circle 2 to 3 I will try):

Slow breath · Cold water on wrists · Walk / exit room

Stretch · Music · Text a safe person · Write it out

Other: _____

I-statement / ask (I feel... when... I need...):

_____

_____

Repair plan (what I will own / fix / ask for):

_____

What I will try next time earlier (at a lower number):

_____

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Anger Practice Log

Seven days of cues, cool-downs, and repairs.

Name: _____ **Date:** _____

Day / date	Trigger / cue	0-10	Cool-down used	Repair / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Cue: _____ Cool-down: _____

STOP · Cool body · Choose · I-statement · Repair if needed

Anger is a signal. Aggression is a choice. Use a skill early.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

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