

WORK SHEET – EXERCISE 7B

Helping my friend that's angry ...



How do you feel about your friend that's angry?

Do you think you can help them overcome their anger and calm down again?

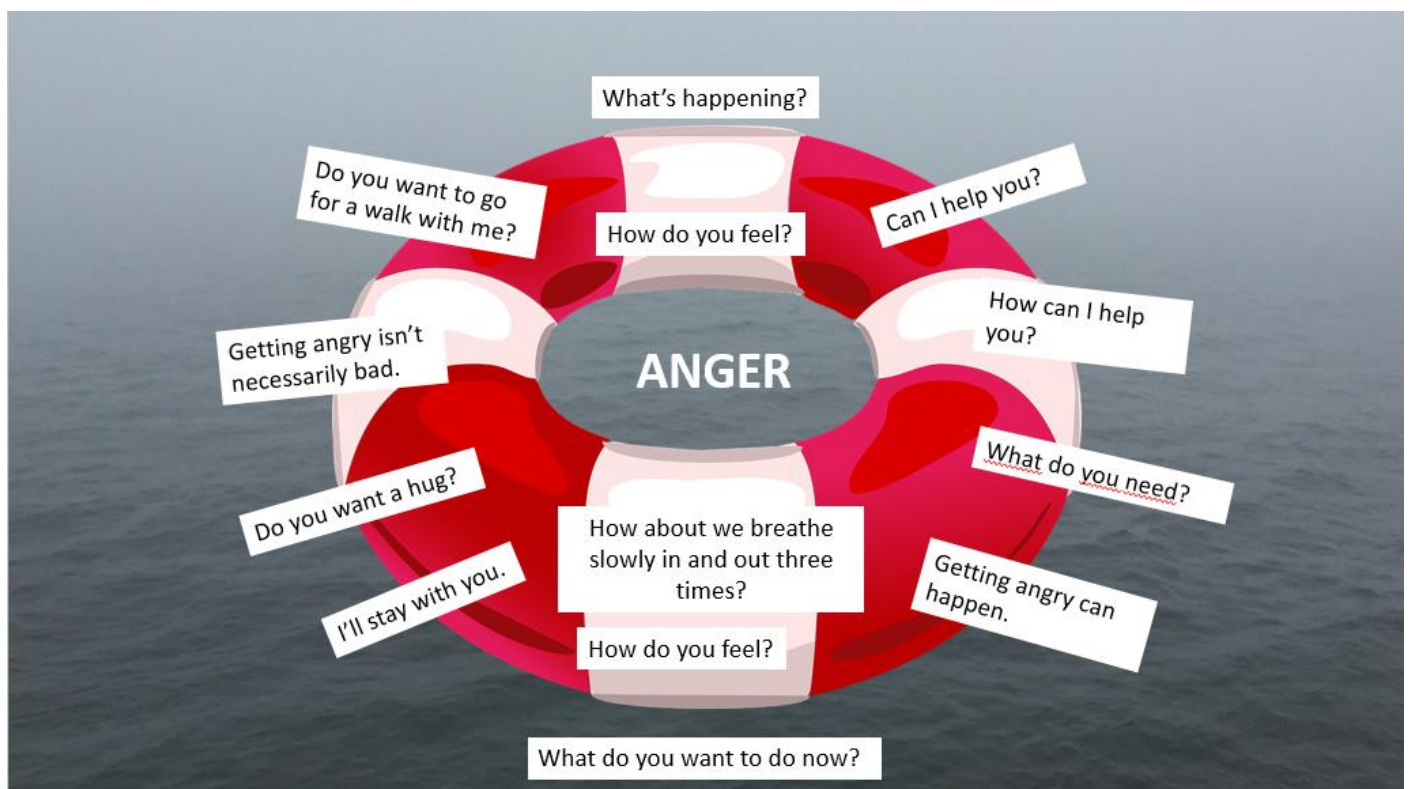
You are not obliged to go to him or her. If you don't know what to do, you can ask someone else or talk to an adult and observe what they do. That could give you some ideas for the future.

If you think you can help them, breathe calmly and ask yourself:

- What can I do?
- What can I say?

Then, go to your friend...

Here's a **Lifesaver** to give you some ideas!



What is the first possible small step?

In each situation, there are small steps that you can take that will allow you to calm down and open up again to others.

You can also cut out one of the smaller lifesavers further down and offer them to someone else.

