How to Handle Stress and Conflict
An Educational Coloring & Activity Book

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Sometimes things happen that make you angry, sad or frustrated. It is important to be able to know how to handle these feelings and control your anger.

**What do you do when you get angry?**
Find and circle the words in the puzzle.

FRIEND ANGRY
TALK BREATH
FEELINGS CRY
SHOUT PROBLEM
PEOPLE AGREE
It is important to know what to do when you have feelings that make you mad or unhappy. When you get mad you may want to yell, stomp your feet, or fight. These are all negative ways to deal with feelings. They will not make the anger go away and may cause the problem to become worse. There are better ways to deal with anger or sad feelings.

Things will happen everyday that change how you may be feeling.

Think about the problem.
Is it important enough to get angry?

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How many words can you make using the letters in

POSITIVE ACTIONS?

toss  spin
Friends care about each other’s feelings.

It may make you feel better to talk to a friend or adult about how you are feeling. Sometimes having someone listen and being able to talk about what is bothering you, has made you angry or upset will help you feel better.
This won’t help!

Connect the dots.
When you are upset or angry you may feel like yelling, teasing, calling names or saying mean things. This can be very hurtful to someone else’s feelings and will not make the problem better. It is never okay to hurt someone.
Let’s not fight!

It is much better to try and talk about the problem or disagreement. You can find a solution together.

When you disagree with someone it is much better to try and calmly talk about your differences. You can try to understand how you both are feeling and why you feel the way you do. Family and friends should try to understand each other better.
You may not always agree.

Fighting is never a way to settle a disagreement or conflict. If you have a disagreement that is not reaching a solution, it can be a good idea to walk away and deal with the problem after everyone has had time to calm down.
Another way to deal with conflict is to change and do something else.

Or, you can take a deep breath, count to ten, listen to music, go for a walk or play by yourself until you are calm.

What else can you do?
You can ask another person to help you handle the conflict. They can listen to each of you and may have another solution.

It’s hard to listen to anyone who is yelling.

Never call anyone names.
Which picture is different?

1.

4.

2.

5.

3.

6.

ANSWER: 1
Choose your words and actions carefully. Think about how what you say or do will affect others. You have a choice!

You can learn to work out problems and conflict in positive ways. Learning to control your anger and handle problems will make you feel much better.
Find a way through the maze.

Start →

Finish →
How to Handle Stress and Conflict

I, ___________________, understand that sometimes I may feel angry or sad. I know that it is important to be able to control my temper and choose my words and actions carefully. I will do my best to deal with feelings in a positive way.

(PRINT YOUR NAME)

(YOUR SIGNATURE)