

Being angry is like standing in front of a giant vacuum cleaner.

I want you to use your imagination right now. Close your eyes and think of a vacuum. Now turn it on. Think of the hose attached to the vacuum. Put the hose on the palm of your hand. What do you feel?

Open your eyes.

What if there was a GIANT vacuum cleaner with a GIANT hose turned on RIGHT IN FRONT OF YOU? It would suck you right in, wouldn't it? What if you didn't want to be sucked into the vacuum? What would you need to do?

You would need to move out of the way before the vacuum's pull gets too strong.

Anger is like that giant vacuum cleaner. It will grab you and hold on tight. The way to move out of anger's way is to **TAKE A BREAK**.

Taking a break means walking away from the scene of your anger. It means going off by yourself so you can calm down and think more clearly. It is a very helpful thing to do but it's also HARD. Why is it hard?

What zone are you in when you're angry? How does it feel in your body when you're angry? What are your thoughts about? Are you able to focus on anything other than the thing you're angry about?

Think of the giant vacuum cleaner again. The longer you stand in front of it, the more it's going to pull you in and the harder it will be to break away. You have to be really determined and strong to decide "I'm outta here!" and step out of its path. But once you do, things become a whole lot easier. As soon as you step away, you break the vacuum cleaner's hold on you.

Anger is like that, too. You have to make a decision to step aside. THAT DOESN'T MEAN YOU'RE GIVING IN. It just means you're taking a break. There are lots of ways you can take a break. You can go to your room, you can go play a game outside, you can go snuggle with your pet. If you're at school you can go outside for a drink of water or you can draw a picture for a minute or two. After you've taken a break and you're thinking more clearly, you can decide the most helpful way to solve your problem.

What are three things you can do while taking a break from an angry situation?