What Happens When I Throw or Hit

There are times when I feel very angry, frustrated, or upset. My feelings can be so big that it feels like I can't control them. When this happens, I might want to throw things or hit.
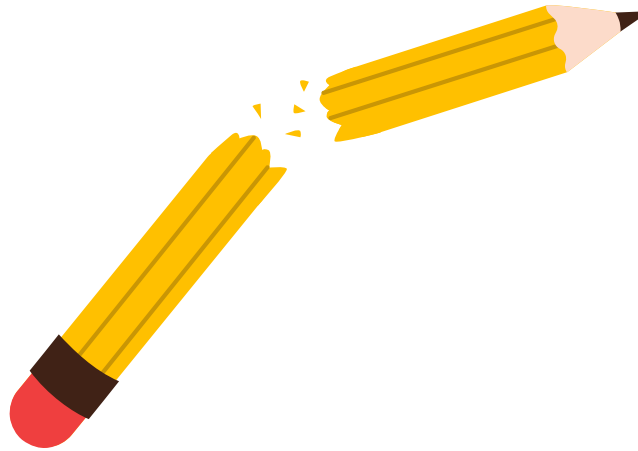
When I throw things or hit, I can hurt people around me. This can make them feel scared or upset. I don't want to hurt others, even when I'm feeling angry.

When I throw things, something might break. Toys, games, or things around the house can be damaged. If things break, I can't use them anymore, and I might feel even more upset.
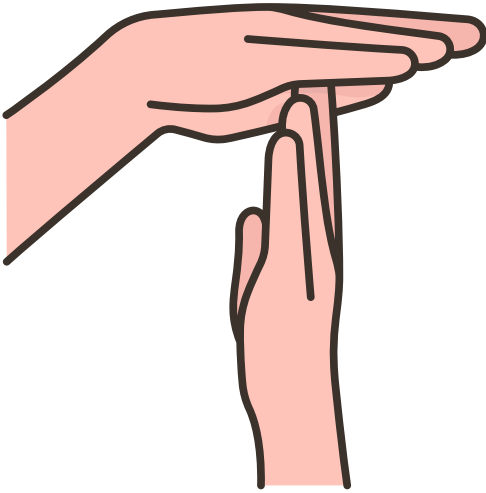
If I hit or throw things, the people I care about might feel sad or worried. They don't like to see me feeling out of control. They want to help me, but it's hard when I'm throwing or hitting.

It's okay to feel angry or frustrated, but there are better ways to show it. I can: take three deep breaths, squeeze a soft toy or stress ball, use my words to say, "I'm upset!", go to my calm-down spot and take a break.

If I stay calm and don't throw or hit, people feel proud of me. I keep myself and others safe, and nothing gets broken. When I choose a better way to manage my feelings, I feel more in control, and things get better faster.

If I feel like I'm going to throw or hit, I can ask an adult for help. They can remind me of things I can do to calm down. I don't have to handle big feelings all by myself.

When I stop myself from hitting or throwing, I feel proud because I made a good choice. I keep everyone safe, and I can get back to doing things I enjoy. I can show that I'm growing and learning new ways to manage my feelings.