



# TALK, WALK, REPORT

At Edens Landing State School!

To resolve conflict we can...

# TALK, WALK, REPORT



TALK



WALK



REPORT



# WALK



- If you have tried to talk and the situation is not getting any better, you may need to WALK!
- This helps if we are really ANGRY or really UPSET because we need time to calm down
- When you walk away, choose somewhere quiet that you can calm down



# Anger Videos



- Recommended (if you haven't watched it already):
  - Flip your lid -  
<https://www.youtube.com/watch?v=3bKuoH8CkFc>
- Other videos:
  - Controlling Anger Video (The Wiggle Tales) -  
<https://www.youtube.com/watch?v=QxSKKtUdAjU>
  - When Sophie gets angry, really angry -  
<https://www.youtube.com/watch?v=tISX0wadZnE>
  - When I feel angry -  
<https://www.youtube.com/watch?v=RVSb3OYH6eQ>

# Calming Strategies

- Drink water
- Go to a new space
- Count to 10, 20, 30
- Positive self-talk – remind yourself that you are okay
- Deep breathing
- Hand squeezes
- Imagine your favourite place
- Give yourself a hug
- Go to a quiet place
- Think about five things you can see around you
- Think about five things you can hear around you
- Sing your favourite song in your head
- Run around the oval
- Balance on one leg





# Calming Strategies

- 5 Anger Management Techniques (PowToon) - [https://www.youtube.com/watch?v=5KM4\\_F-KFow](https://www.youtube.com/watch?v=5KM4_F-KFow)
- Take 5 breathing - <https://www.youtube.com/watch?v=j3CWw4UM5nU>

# Remember...

- Sometimes it's best if we WALK AWAY!
- We have tried to talk and it didn't work so walking away lets us calm down and think about how big or small the situation really is!

