

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #3: ANGER BASKETBALL



Mark Twain, author of the American classics *The Adventures of Tom Sawyer* and *The Adventures of Huckleberry Finn*, once said: "Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured." Holding onto anger hurts us more than the person or thing we are angry at.

Everyone feels angry from time to time. Anger is ok to experience as long as we learn how to handle this emotion. Being in a constant state of anger drains us of our happiness. This can change our mood, our relationships, and even our health. When we make the choice to let go of our anger, we are actively creating more mental space for positive emotions such as love. Letting go of our negative emotions restores our positive energy and allows us to create happy memories. Make it a daily mission to let go of your negative emotions and move positively forward.

Practice Forgiveness Today:



1. THINK ABOUT SOMETHING THAT MAKES YOU FEEL ANGRY OR HURT. ONCE YOU THINK OF SOMETHING, DRAW A PICTURE OF IT ON A PIECE OF PAPER.
2. SMASH AND CRUMPLE THE PIECE OF PAPER INTO A TIGHT BALL.
3. CLOSE YOUR EYES, HOLD THE PAPER TO YOUR HEART AND TAKE A FEW DEEP BREATHS
4. AFTER YOU INHALE, SAY "I AM GOING TO LET THIS ANGER OR HURT GO."
5. EXHALE, OPEN YOUR EYES AND TOSS THE BALL INTO THE BASKET. REPEAT AS MANY TIMES AS IT TAKES TO GET THE PAPER IN THE BASKET.

Parent Practice Tip:

Feeling angry? Find a quiet place in your home and take several deep breaths. While breathing, think of several things that make you happy to help improve your mood.

To Learn More:

WHAT IS FORGIVENESS?
FORGIVENESS BY KIDS
JUST BREATHE

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