

# Hot ways to keep cool

**How do you want to deal with anger and conflict in your life?**

Think of ideas that can help you solve problems.

But remember:

- Fighting doesn't solve problems.
- Solve problems in ways that don't hurt you or others.

Think about 3 or 4 new things that you are willing to try the next time you get angry. Look at ideas throughout this magazine.

**When I feel myself getting angry, I will try to:**

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**If I find myself in a conflict with someone, I will try to:**

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