

Anger

Management Strategies



Tell a teacher.



Use your words.



Count.



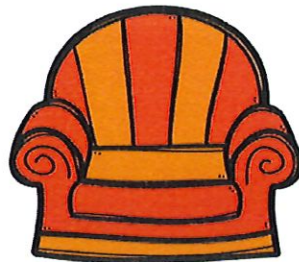
Breathe deeply.








Tell a friend.



Go to a quiet place.



Anger Choice Cards For Classroom

<p>When I'm angry, I can...</p> <p>BREATHE DEEPLY</p> 	<p>When I'm angry, I can...</p> <p>COUNT TO 10</p> 	<p>When I'm angry, I can...</p> <p>DRINK WATER</p> 
<p>When I'm angry, I can...</p> <p>GO TO THE QUIET SPOT & USE THE COOL DOWN BOX</p> 	<p>When I'm angry, I can...</p> <p>GET AN ADULT TO HELP</p> 	<p>When I'm angry, I can...</p> <p>DRAW A PICTURE</p> 
<p>When I'm angry, I can...</p> <p>SING A SONG</p> 	<p>When I'm angry, I can...</p> <p>WRITE ABOUT IT</p> 	<p>When I'm angry, I can...</p> <p>HAVE THINK TIME</p> 
<p>When I'm angry, I can...</p> <p>WALK AWAY</p> 	<p>When I'm angry, I can...</p> <p>IMAGINE A PEACEFUL SPOT</p> 	<p>When I'm angry, I can...</p> <p>TAKE A BRAIN BREAK</p> 
<p>When I'm angry, I can...</p> <p>REMEMBER A HAPPY TIME</p> 	<p>When I'm angry, I can...</p> <p>TALK TO A FRIEND</p> 	<p>When I'm angry, I can...</p> <p>SMILE ANYWAY!!!</p> 

BEHIND
THIS



MIGHT
BE

