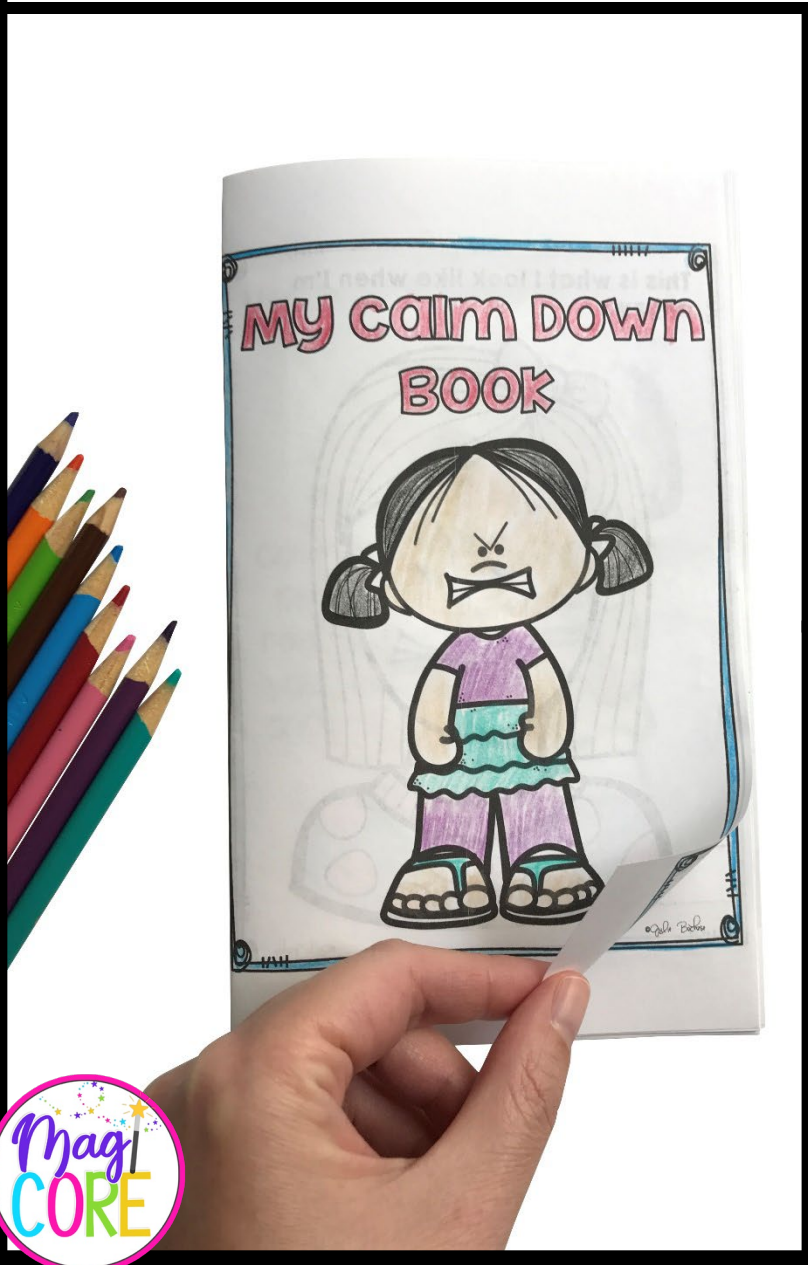
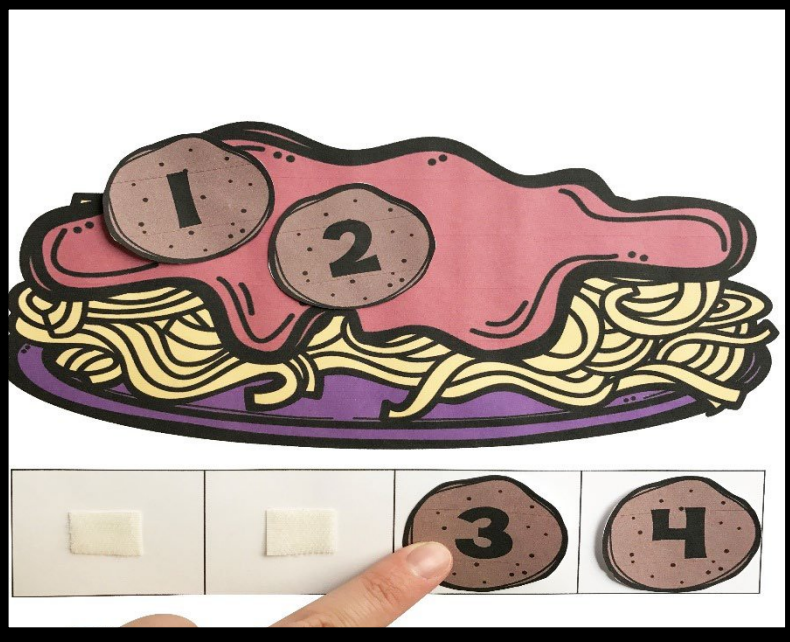
HOW TO DEAL WITH ANGER

Anger Management Tools for Elementary Students

TRUSTED BY OVER 3,000 TEACHERS



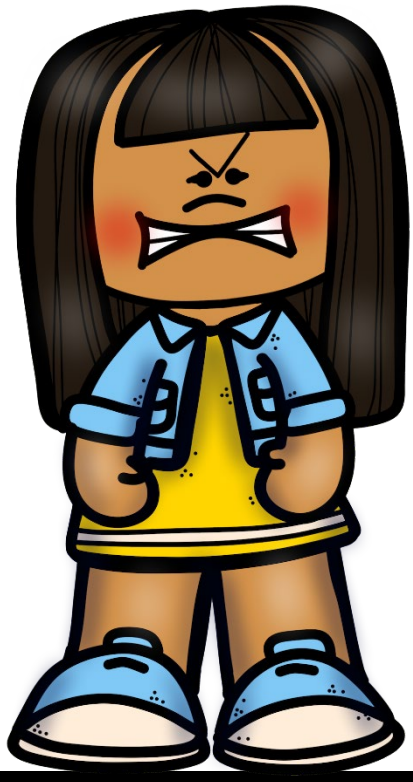




HOW TO DEAL WITH ANGER

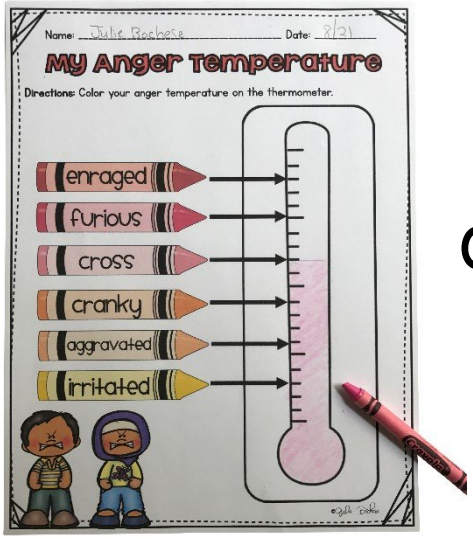
Table of Contents

1. My Anger Temperature
2. Calm Down Choice Cards
3. Counting and Breathing Activities
4. Steps To Calming Down Mini Book
5. Calm Down Puzzle
6. Yoga Poses Poster
7. My Calm Down Book
8. Anger Pledge



WHAT IS INCLUDED?

Anger Temperature Chart



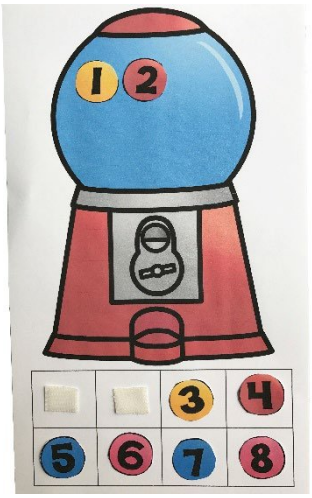
Calm Down Choice Cards



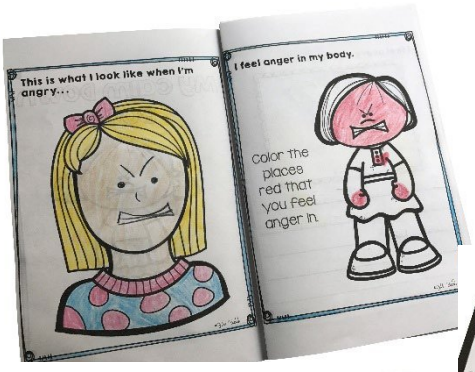
Calm Down Breathing Activities

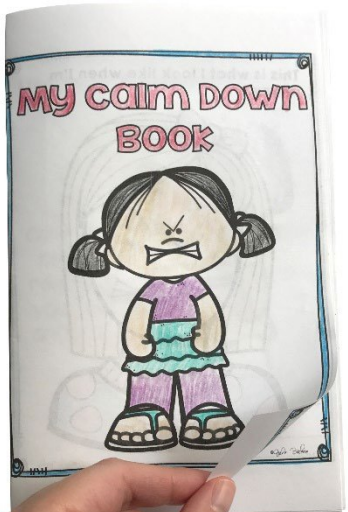






Calm Down Book



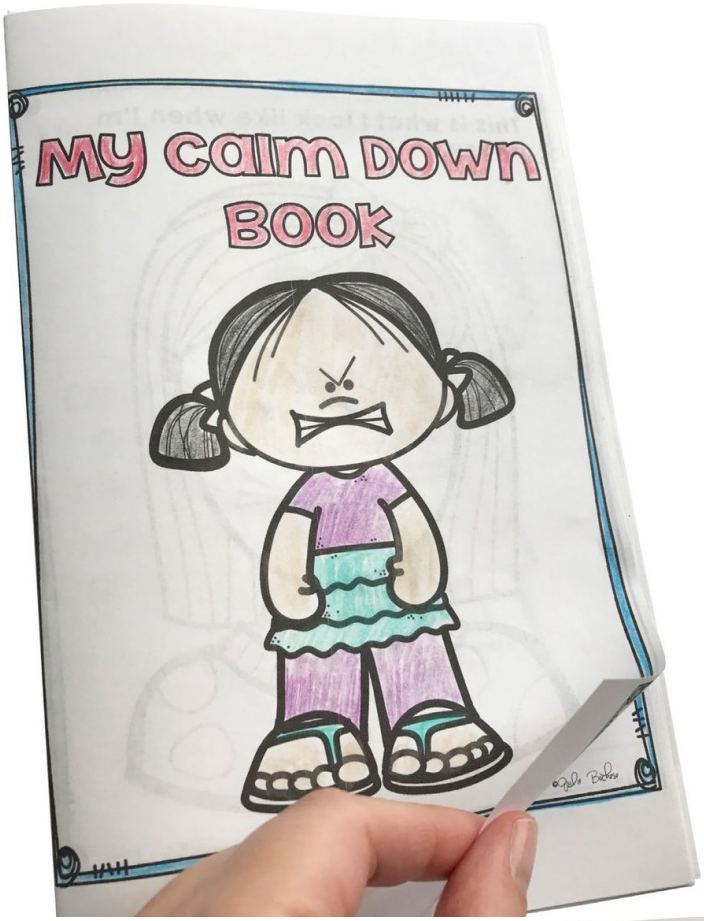


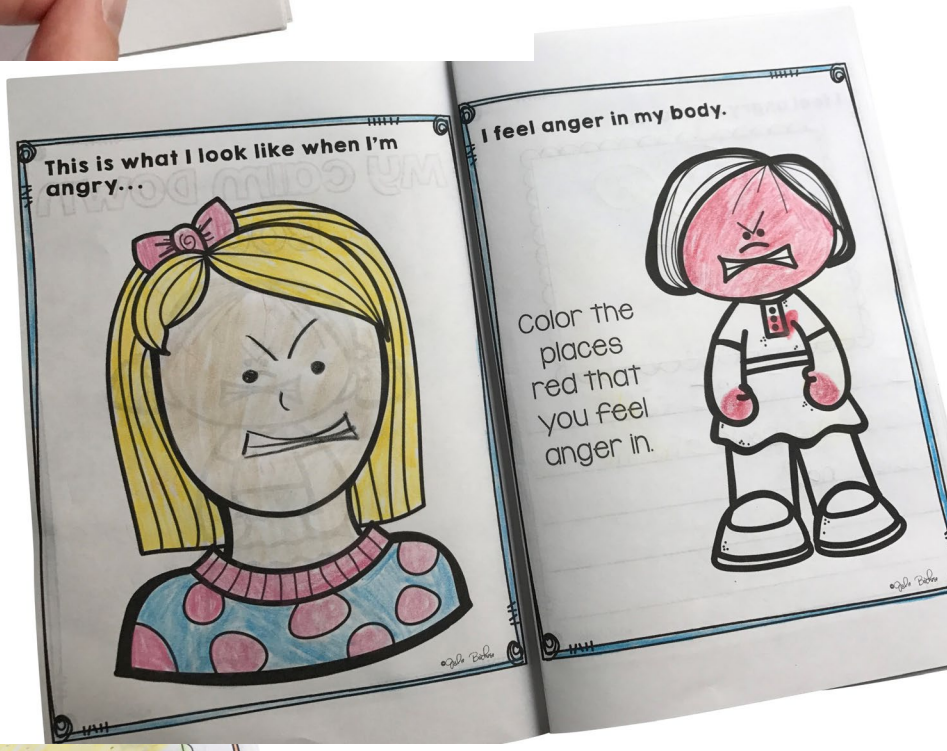


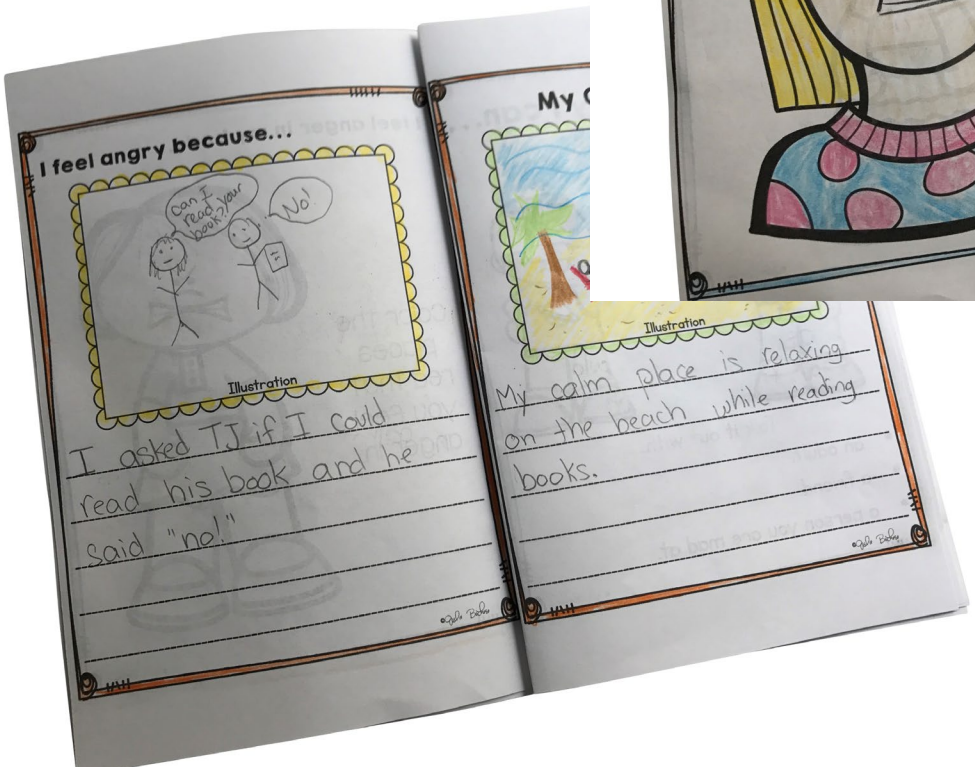
Steps To Calm Down Book & Puzzle






My Calm Down Book

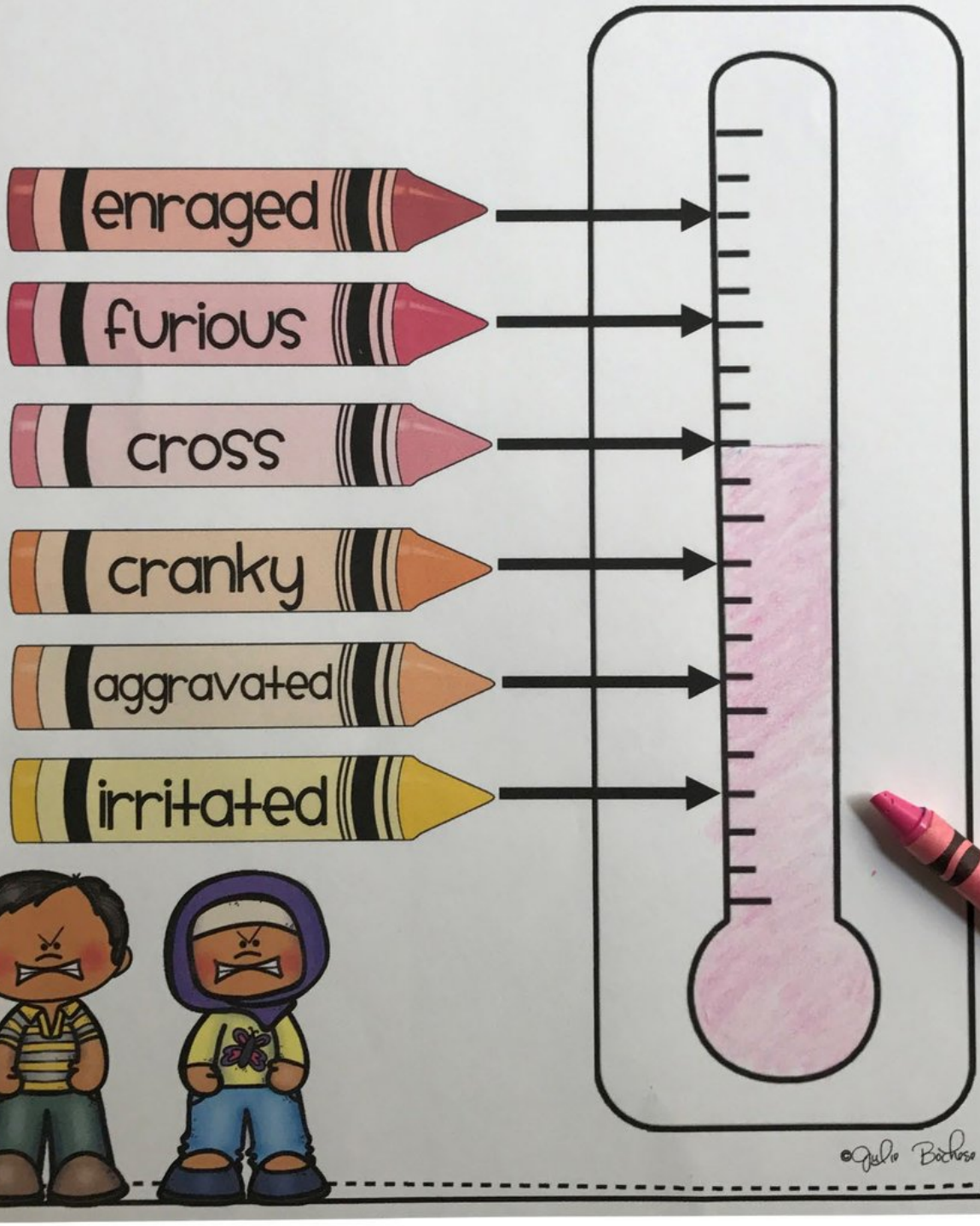

This is what I look like when I'm angry...
I feel anger in my body.
Color the places red that you feel anger in.


I feel angry because...
Can I read your book?
No!
Illustration
I asked TJ if I could read his book and he said "no!"
My
Illustration
My calm place is relaxing on the beach while reading books.

Name: Julie Bochese Date: 8/21

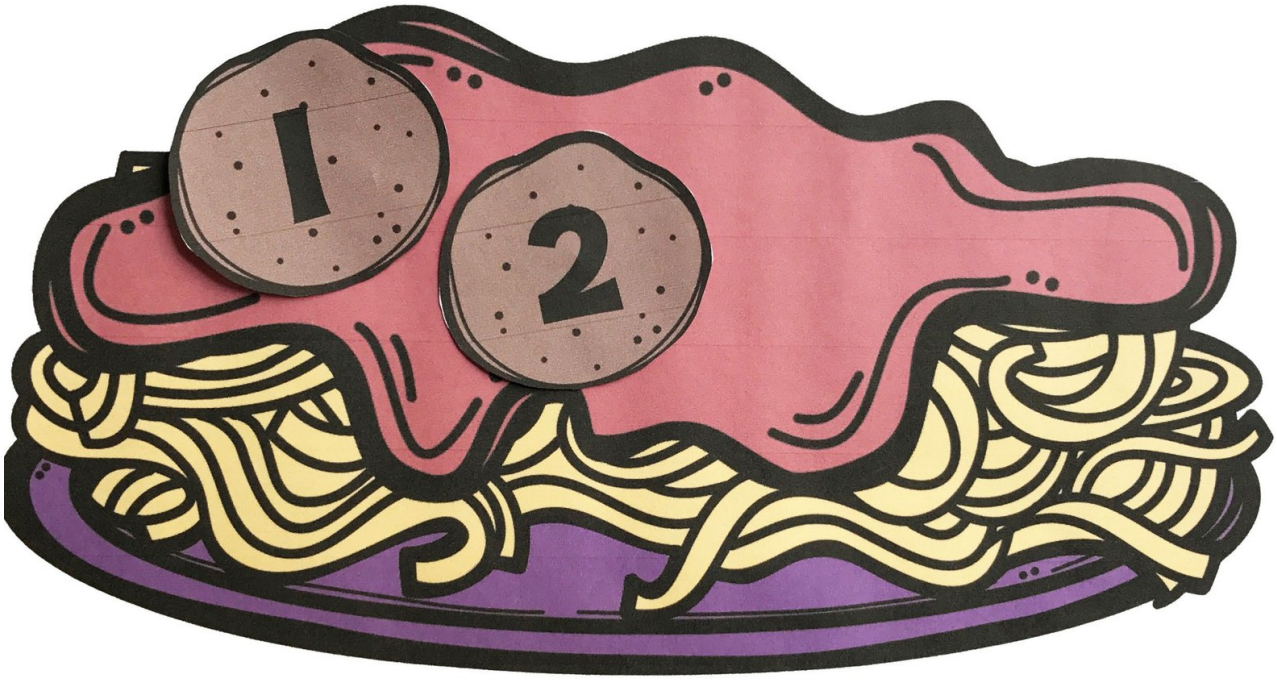
My Anger Temperature

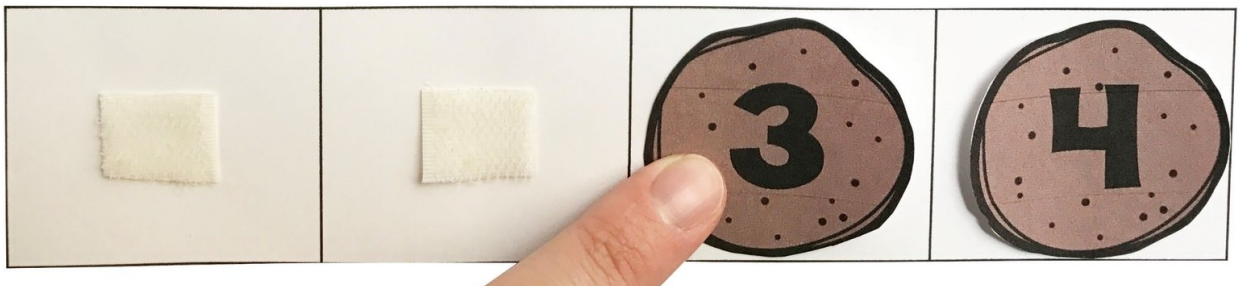
Directions: Color your anger temperature on the thermometer.



©Julie Bochese


4
5
6


1
2


3
4


write in a
journal


Steps to Calm Down
1. Find a quiet place and get comfortable.
2. Close your eyes.
3. Inhale
count to
4. Exhale
Count
backward
from ten
5. Continue
7. Talk

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