

Name \_\_\_\_\_ Anger Management

# Anger Management



**DIRECTIONS:** Circle if you should DO or NOT do the following when you are angry.

- |                                 |    |       |
|---------------------------------|----|-------|
| 1. Scream, yell, or kick        | DO | DON'T |
| 2. Remain calm                  | DO | DON'T |
| 3. Break things                 | DO | DON'T |
| 4. Ask for help                 | DO | DON'T |
| 5. Relax                        | DO | DON'T |
| 6. Find a calming area          | DO | DON'T |
| 7. Close your eyes and count    | DO | DON'T |
| 8. Remain positive              | DO | DON'T |
| 9. Play with a fidget toy       | DO | DON'T |
| 10. Hit                         | DO | DON'T |
| 11. Read                        | DO | DON'T |
| 12. Talk it out                 | DO | DON'T |
| 13. Break the rules             | DO | DON'T |
| 14. Threaten others             | DO | DON'T |
| 15. Blame others                | DO | DON'T |
| 16. Listen to music             | DO | DON'T |
| 17. Go for a walk               | DO | DON'T |
| 18. Do some chores to calm down | DO | DON'T |