Name: _____ Date: _____ Gr: _____

Anger Management

Decide what is helpful (d0) and what is not helpful (don't) when trying to manager anger.
Put the words in the columns:

Scream	have an open mind	Chill out	kick	ask for help
Relax	yell	wind myself down		destroy things
Break the rules	find a calm area	remain calm		remain positive
Show respect	hit	count to 10		talk it out
Play with a fidget toy	threaten	blame others		listen to music

The Do's	The Don'ts

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