

Name _____ Anger Management

Anger Management



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

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|---------------------------------|----|-------|
| 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 |