

Name: _____ Date: _____ Gr: _____

Anger Management

Decide what is helpful (do) and what is not helpful (don't) when trying to manage 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
