

SEL MORNING WORK ANGER MANAGEMENT



NAME _____

DATE _____

True or False?

**It is normal to feel
angry sometimes.**

Circle one:

True False

Everyone gets angry. What you do when you are angry is important. There are many safe healthy ways to manage your anger. Circle the healthy ways to deal with anger in green. Put a black X on the unhealthy ways to deal with being angry.

Take a deep breath.

Run out of the room.

Hit someone.

Take a walk.

Ask for a break.

Get a drink.

Talk to an adult.

Listen to music.

Kick the wall.

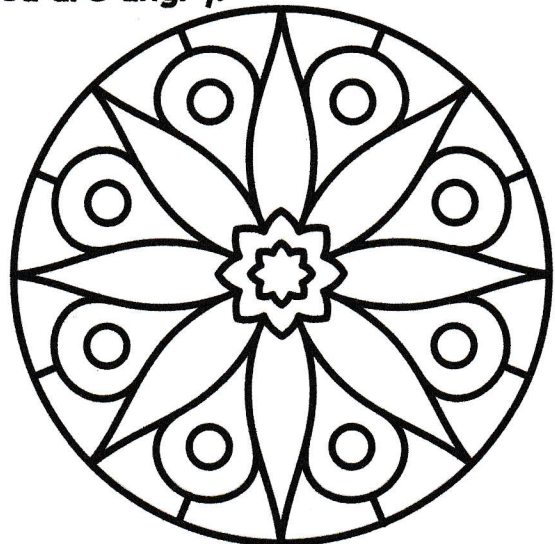
Scream.

Draw a picture.

Say curse words.

Different things will make you angry. These are called *triggers*. Some people are triggered when they don't get their way. Other people may be triggered if they feel tired. Make a list of what triggers your anger.

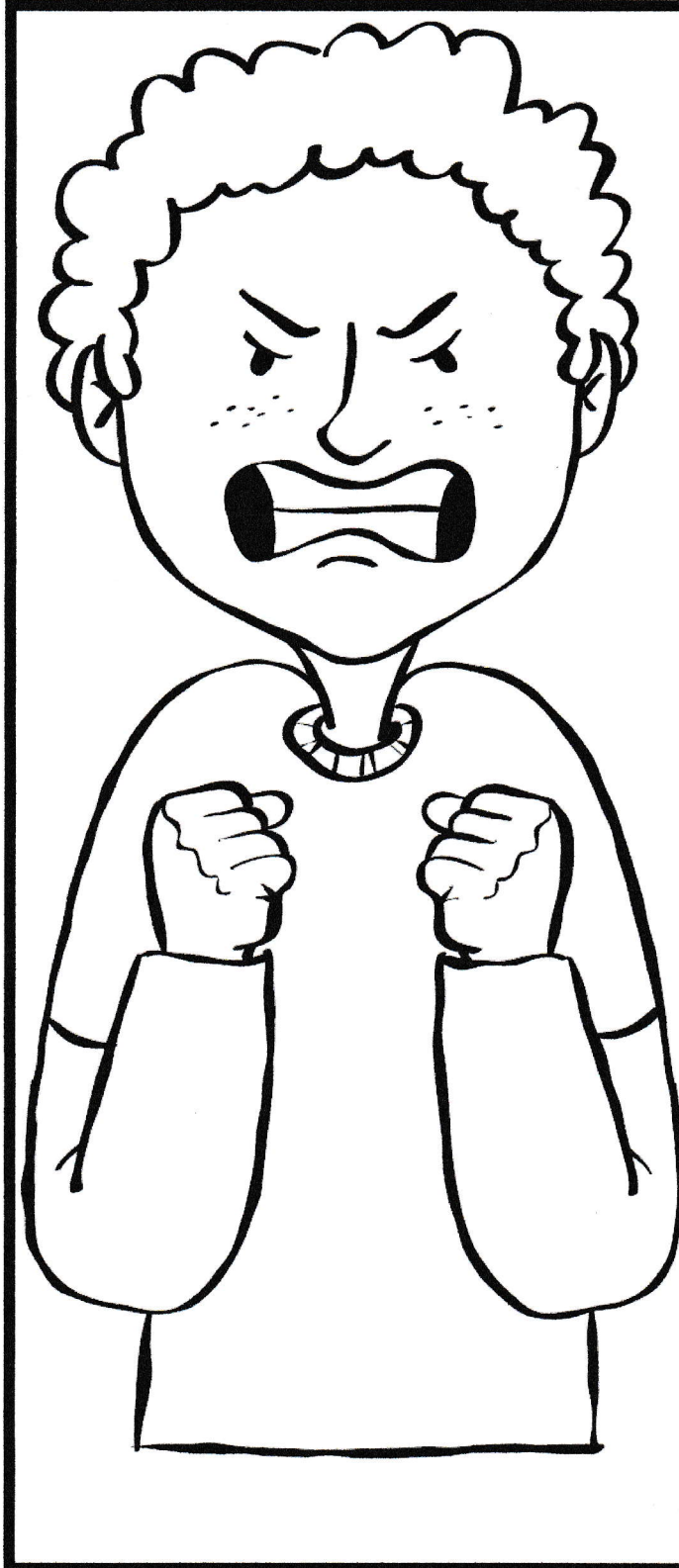
Many people find coloring to be relaxing when they are angry or upset. Spend some time coloring the design below. Remember to use coloring as a way to calm yourself the next time you are angry.



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It is very important to recognize when you are angry. When you are aware of what happens to your body when you are angry, you are better able to make good choices. Look at the picture of the angry child. Describe his body parts by filling in the blanks. Then color the boy's cheeks red or pink. This shows that his face may get hot when he is angry.

Word Clues:

clenched
tight
fists
down

I know the boy in the picture is angry because his eyebrows are pointing _____. I also noticed that his teeth are _____. He puts his hands into _____ and they are squeezed _____.

Vocabulary Clue

Clench-To tighten part of the body

SEL MORNING WORK ANGER MANAGEMENT (COPING SKILLS)



NAME _____

DATE _____

**Make a list of 3
trusted adults you
can talk to when
you are angry**

**Make a list of 3
trusted friends you
can talk to when
you are angry**

**Make a list of 3
things that make
you feel better
when you are
angry.**

**Make a list of 3
things you should
NOT do when you
are angry.**

SEL MORNING WORK ANGER MANAGEMENT



NAME_____

DATE_____

What happened the last time you got angry? What did you do well? How can you do better the next time it happens? Write a story about the last time you got angry below. Then illustrate your story at the bottom of the page.

SEL MORNING WORK ANGER MANAGEMENT (COPING SKILLS)



NAME _____

DATE _____

STRETCH



- 1 I hate it. This wont work for me.
- 2 I don't like it at all.
- 3 It's ok. Not very exciting but I might try it.
- 4 This is a very good way for me to calm down when I'm angry
- 5 This is fantastic. It's the best calming skill ever!

Rating _____

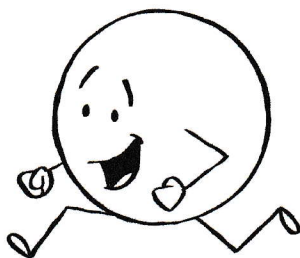
TAKE 10 DEEP BREATHS



- 1 I hate it. This wont work for me.
- 2 I don't like it at all.
- 3 It's ok. Not very exciting but I might try it.
- 4 This is a very good way for me to calm down when I'm angry
- 5 This is fantastic. It's the best calming skill ever!

Rating _____

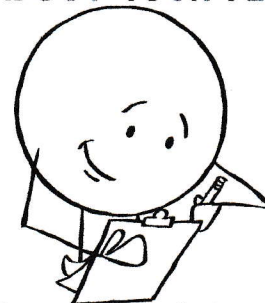
GO FOR A WALK



- 1 I hate it. This wont work for me.
- 2 I don't like it at all.
- 3 It's ok. Not very exciting but I might try it.
- 4 This is a very good way for me to calm down when I'm angry
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Rating _____

WRITE ABOUT YOUR FEELINGS



- 1 I hate it. This wont work for me.
- 2 I don't like it at all.
- 3 It's ok. Not very exciting but I might try it.
- 4 This is a very good way for me to calm down when I'm angry
- 5 This is fantastic. It's the best calming skill ever!

Rating _____