

Name: \_\_\_\_\_

# 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	yell	kick	remain calm	ask for help	destroy things
relax	find a calming area		close your eyes and count		remain positive
play with a fidget toy	hit		read for a while		talk it out
break the rules	threaten		blame others		listen to music
show respect	chill out		wind myself down		have an open mind set

## The Do's

## The Don'ts