

Coping Cards - Anger

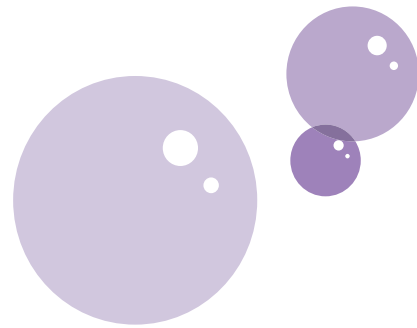
Directions:

Coping skills are strategies we use to help us calm down. Look at the coping skills below. Which ones help you calm down when you are becoming angry? Cut out the ones that help you the most. Put them in a place that you can use them when you start to feel angry.

Examples: tape on students' desk, wear them on a lanyard



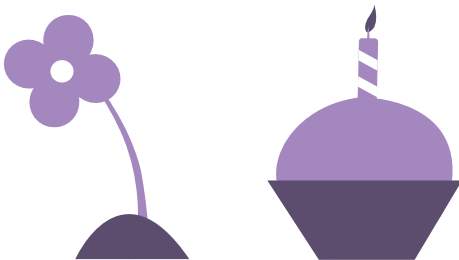
Listen to music.



Blow bubbles.

Smell the flower

breathing in deeply



Blow out the candle

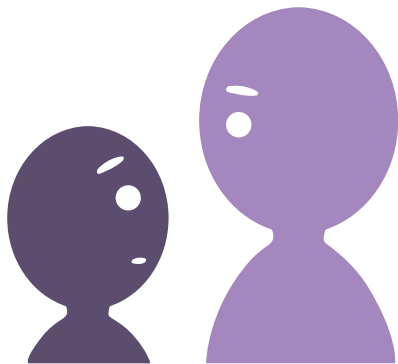
slowly breathing all the air out

Repeat multiple times as needed



Close your eyes and **think**
of a peaceful place.

Practice breathing deeply for a few minutes.



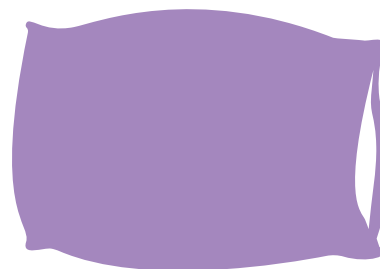
Talk about what is making you anxious with a trusted adult.



Find something to **laugh** about.



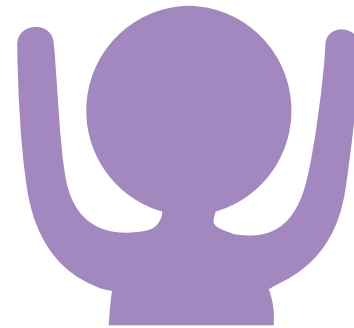
and **think** before you act.



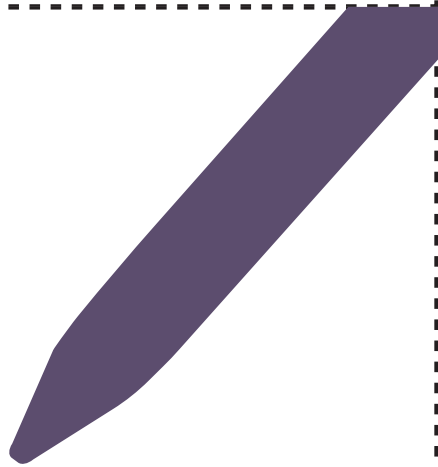
Punch a pillow.



Count to ten.



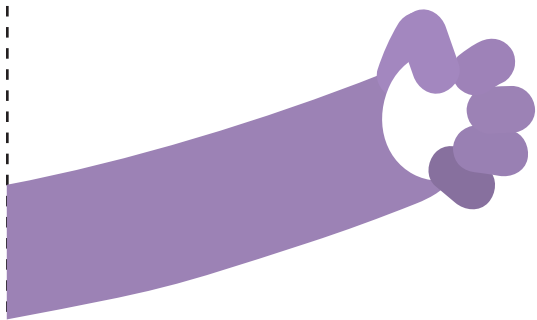
Stretch.



Write in a journal



Draw a picture to express why you are anxious.



Squeeze a stress ball.

Draw your own coping skill.

Draw your own coping skill.

Draw your own coping skill.