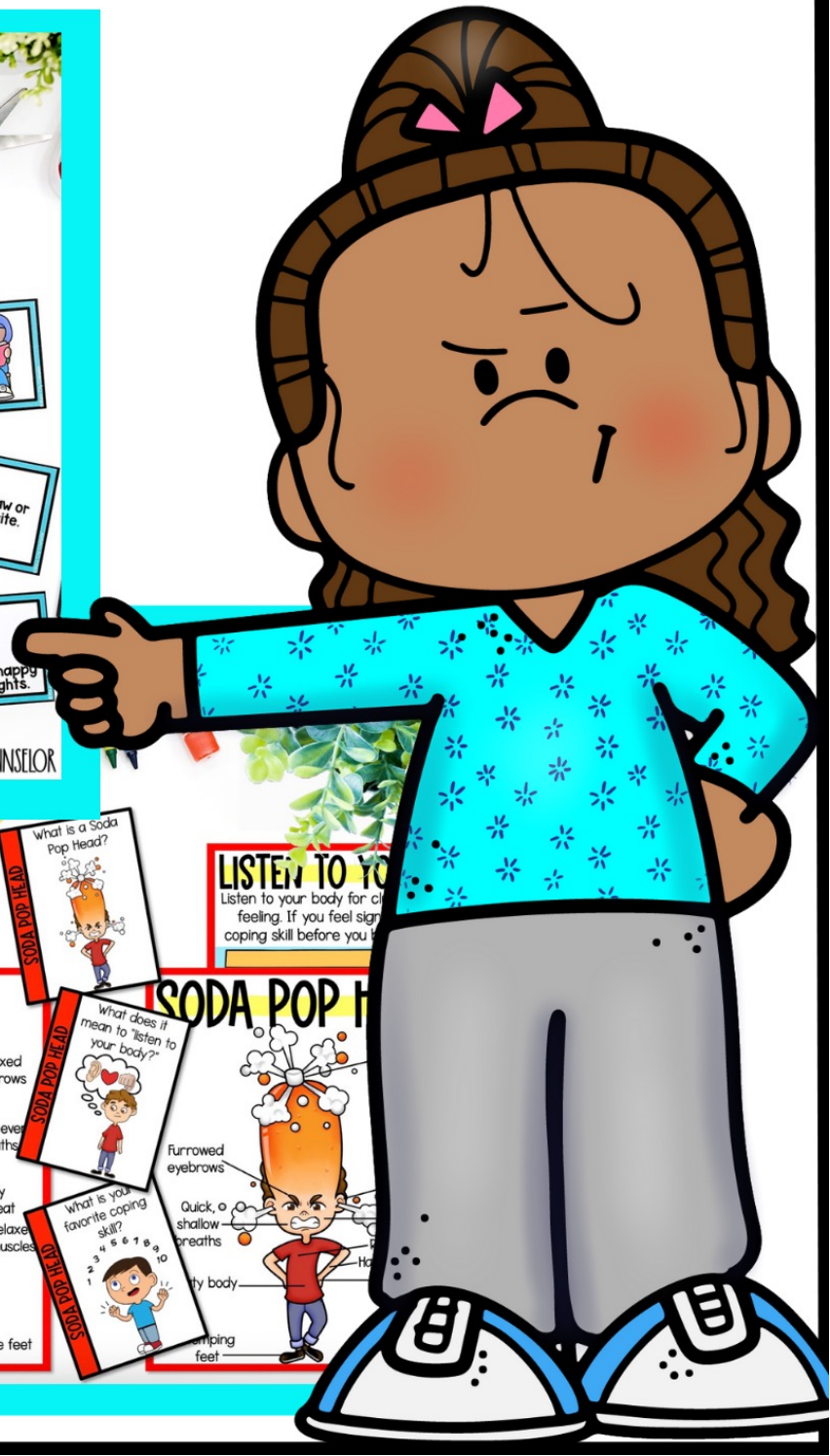


# RESOURCE BUNDLE

## Coping with Anger

Kindergarten - 5th Grade



MUSIC city  
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# THIS BUNDLE INCLUDES

# 6 Resources

- Calm Down Lap Book
- Anger Triggers & Coping Strategies Cut-and-Paste Activity
- Tame Your Anger Flames Lesson
- Companion Lesson to the story, "When Miles Got Mad"
- Companion Lesson to the story, "Soda Pop Head"
- Digital Anger Activity

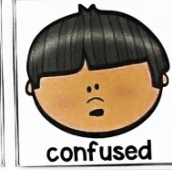
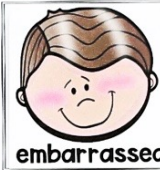
**classroom, group,  
& individuals**

# CALM DOWN LAP BOOK

## MY GOAL:

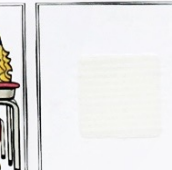
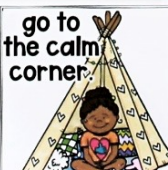
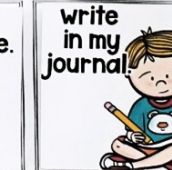
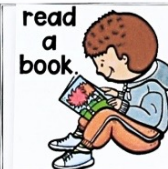
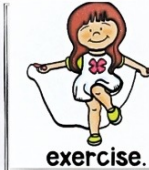
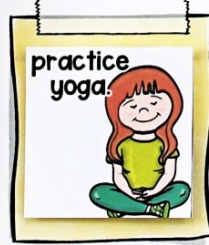
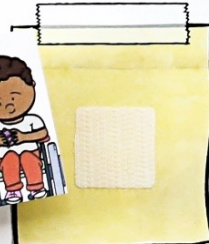


## I FEEL:



## SO I CAN:

squeeze a stress ball.



# ANGER TRIGGERS + COPING SKILLS CUT + PASTE



I feel **ANGRY** because...



Someone pushed me.

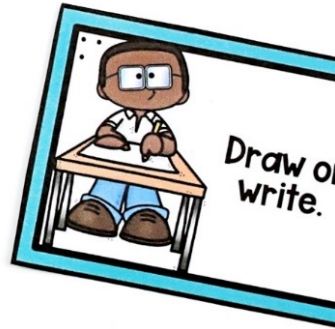
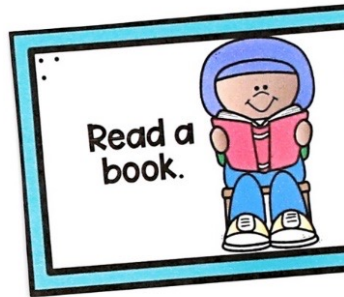
Something is too hard.

To **CALM DOWN** I can...

Imagine a happy place.


Squeeze a stress ball.

Am I **CALM**?  



# TAME YOUR ANGER FLAMES

## SCALE



I am exploding with BIG feelings I can't control. I may make bad choices or say things I regret.

My heart is beating fast and my hands are in fists. I'm overwhelmed and am starting to lose control.

I feel bothered and upset. My breathing is getting faster. My body is starting to sweat.

Something is bugging me. I feel irritated. My body is starting to feel tense.

I am peaceful and my body

## ANGER LOOKS LIKE



Rosy cheeks

Furrowed eyebrows

Clenched teeth

Quick, short breaths

Heart racing

Sweaty, tense body

Sweaty, clammy hands

Tight

## ANGER

Fires start with a small spark. Sometimes that we don't like. It becomes a big fire.

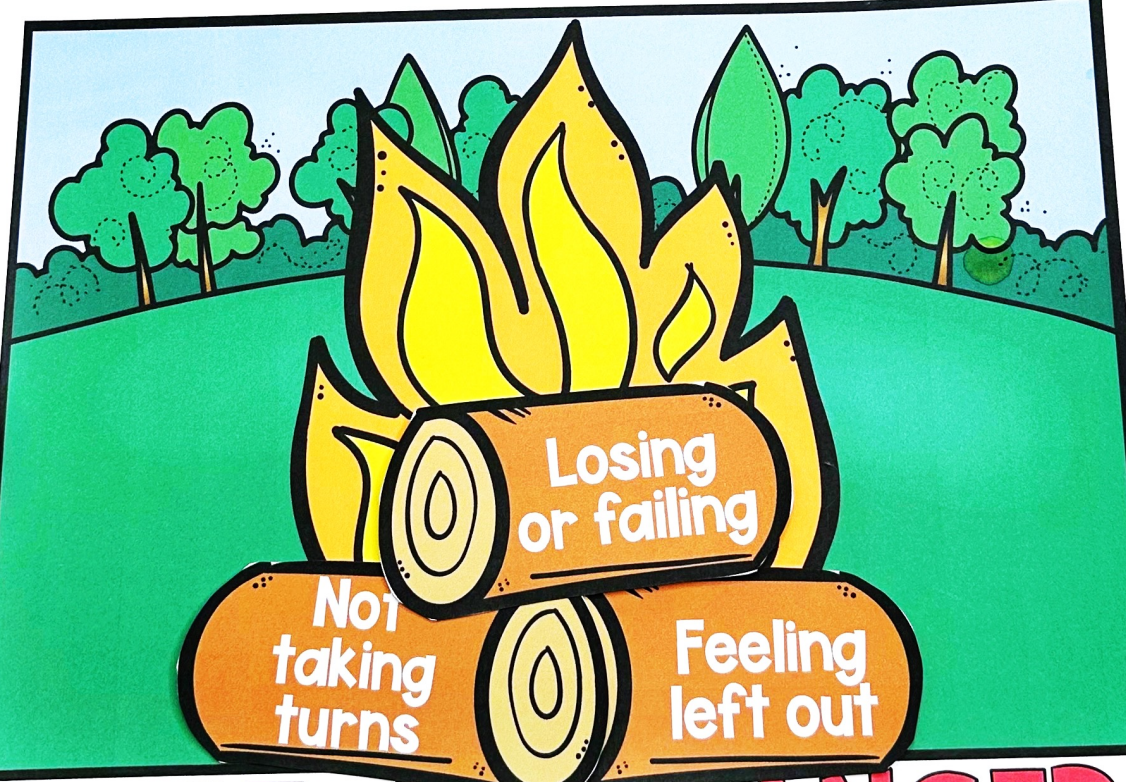


SKIPPING IN LINE



SHARE

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Being told, "no"

Someone yells

Mo mis

Not taking turns

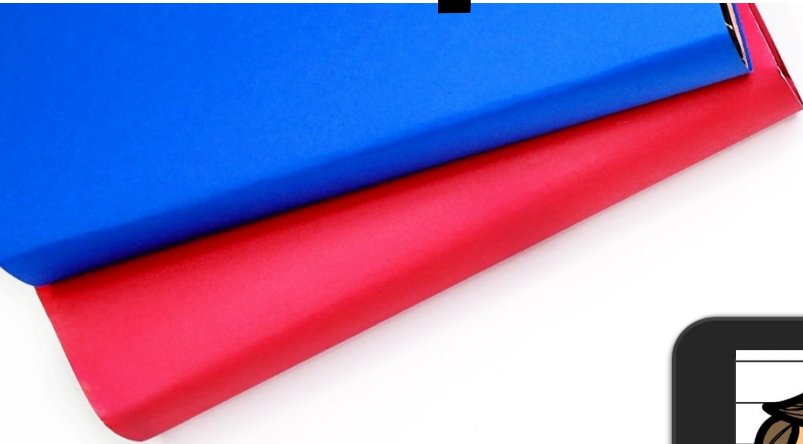
Losing or failing

Feeling left out

## WHAT FUELS MY ANGER

# "WHEN MILES GOT MAD"

## Companion Lesson



How can you tell that Miles is **CALM?**

Deep, even, breaths

Steady heartbeat

Loose hands

Smile

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When Miles Got **MAD**

How can you tell that Miles is **MAD?**

Quick, short, breaths

Red cheeks

Heart racing

Clenched fists

Furrowed eyebrows

Clenched teeth

Tight, tense, sweaty body

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My **MAD MONSTER** looks like this...

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# "SODA POP HEAD"

## Companion Lesson



### SODA POP HEAD

Blowing bottlecap

Furrowed eyebrows

Hot ears

Quick, shallow breaths

Red face

Racing heart

Hands on hips

Sweaty body

Tight fists

Stomping feet

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### CALM

Relaxed eyebrows

Smile

Deep, even breaths

Comfortable body temperature

Loose hands

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### COPING SKILLS

Take deep breaths	Count to 10	Use sensory tools	Write, draw, paint
Push, pull, dangle	Ask for a hug	Eat & sleep well	Relax
Go for a walk	Talk it out	Listen to music	Try mindfulness

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**SODA POP HEAD**

What does it mean to "listen to your body?"

**SODA POP HEAD**

What is a Soda Pop Head?










**SODA POP HEAD**

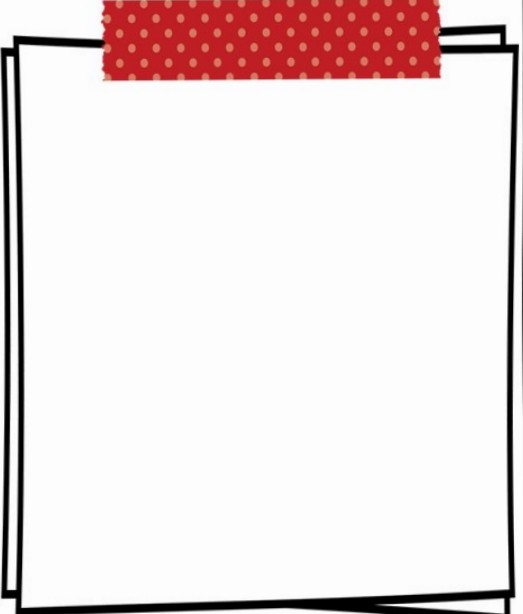
What is a coping skill?

# DIGITAL ANGER ACTIVITY

## My ANGER Triggers


Drag the pictures that make you feel the most angry to the notepad.








 Hurting me	 Getting in trouble	 Taking my things
 Skipping my turn	 Not sharing	 Being left out
 Calling me names	 Yelling at me	 Ignoring me



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## What does ANGER look like in our body?



-  Furrowed eyebrows
-  Red cheeks
-  Clenched teeth
-  Quick, short breaths
-  Heart racing
-  Tight, tense muscles
-  Crossed arms

## What are some examples of ANGER TRIGGERS?



 Hurting me	 Yelling at me
 Getting in trouble	 Ignoring me

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