



Coping with

ANGER

BUNDLE





This Bundle Includes:

1. Calm Down & Coping Skills Lap Book
2. Anger Triggers & Coping Strategies Activity
3. Companion Lesson to the Story "When Miles Got Mad"
4. Companion Lesson to the Story "Soda Pop Head"
5. Digital for Google Slides™ Coping with Anger Activity

Calm Down & Coping Skills Lap Book



MY GOAL:

 to calm down.	 to finish my work.	 to make good choices.	 to rejoin the group.	
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I FEEL:

 frustrated	 sad	 calm	 scared	 lonely
	 angry	 embarrassed		 confused

SO I CAN:

 get fresh air.	 exercise.	 listen to music.	 draw.
 read a book.		 drink water.	 count to 10.
 push on a wall.	 practice belly breathing.	 imagine a happy place.	 write in my journal.
 practice yoga.	 go to the calm corner.	 bounce on a ball.	 take a break.

squeeze a stress ball.



Anger Triggers & Coping Strategies Activity



My space is messy.

Someone pinched me.

I made a mistake.

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**?

Read a book.

Draw & write.

Think happy thoughts.

Companion Lesson to "When Miles Got Mad"



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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Companion Lesson to "Soda Pop Head"



SODA POP HEAD

Blowing bottlecap

Furrowed eyebrows

Hot ears

Quick, shallow breaths

Red face

Racing heart

Sweaty body

Hands on hips

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 for Google Slides™ Coping with 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 breath
- 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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