

# Coping Skills Puzzles

- Students will match the scenario to the appropriate coping skill.
  - Includes 12 puzzles



# Coping Skills Cards

- Cards can be used for a matching game, or put on a key ring for a visual reminder!
  - Includes 16 coping skills





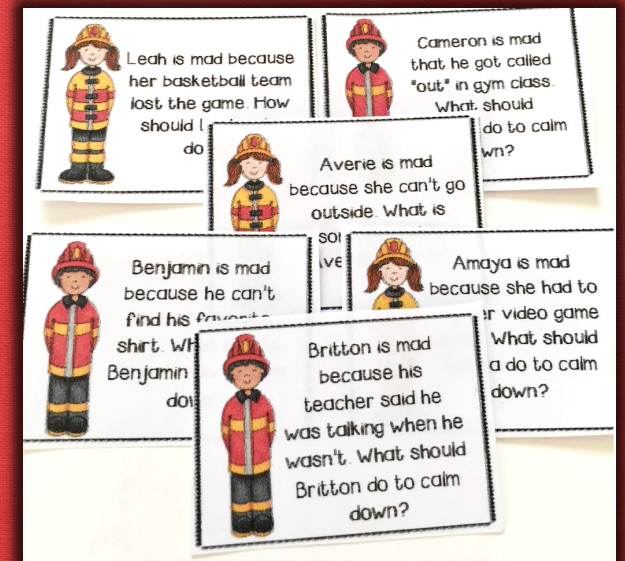
# Anger Management Foldable

Students will respond to prompts about their anger triggers, warning signs and coping skills.

## Task Cards

Students will learn how to avoid anger triggers, how to calm down, and how to use positive self talk using real life scenarios.




Includes 24 cards!



# 4 Anger Management Posters

- 3 Steps to controlling my anger
- I know what fires me up
- I will listen to my anger warning signs
- 3 steps to controlling my anger

## 3 Steps To Controlling My Anger

1. Avoid the things that get me fired up. 
2. Listen to my anger warning signs. 
3. Choose 2 ways to put out my anger. 


Breaths  
adult  
To 10  
k  
Place  
w  
Thoughts


# Putting Out Negative Self Talk Cut & Paste


Students will replace negative self talk statements with positive self talk statements

### Putting Out Negative Self Talk


You can use positive self talk to remind yourself of ways to put out your anger! It can help you make great choices, even when you don't want to!


Name: \_\_\_\_\_  
 "If she looks at me again, I am going to yell at her." 


"He never plays by the rules. I want to throw the ball at him." 


"She is taking too long on the tablet so I am going to take it from her." 

Name: \_\_\_\_\_  
 Directions: Look at the positive self talk bubbles on this page and the negative self talk bubbles on the next page. For each negative self talk statement, decide which positive self talk statement you could use instead, and glue the positive self talk bubble on top of the negative self talk bubble.


"If I am not safe, I can get an adult to help right away." 

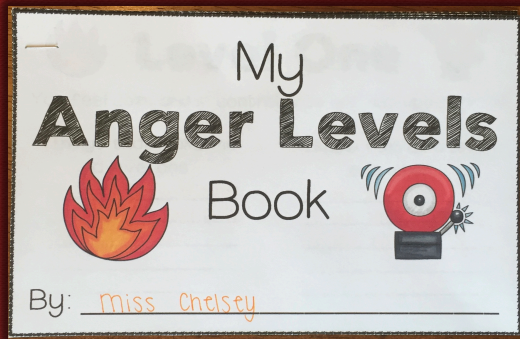
"This is upsetting, but I will take deep breaths to slow my brain down." 

"I can find something else to do while I wait." 

"I will keep trying at this work, and take a short break if I get too frustrated." 

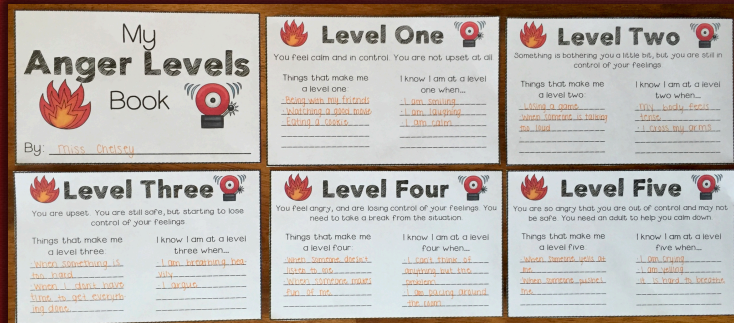
"I am getting annoyed with her, so I will walk away." 

"I am getting too upset, so I will go choose another game to play." 



# “My Anger Levels” Booklet

Each page includes a description of the level, a place to record what causes them to experience that level of anger, and what their warning signs are for that level of anger.



## Anger Warning Sign and Trigger Sort

Students will look at 18 anger triggers and 18 warning signs, and decide which level of anger they experience them at.

