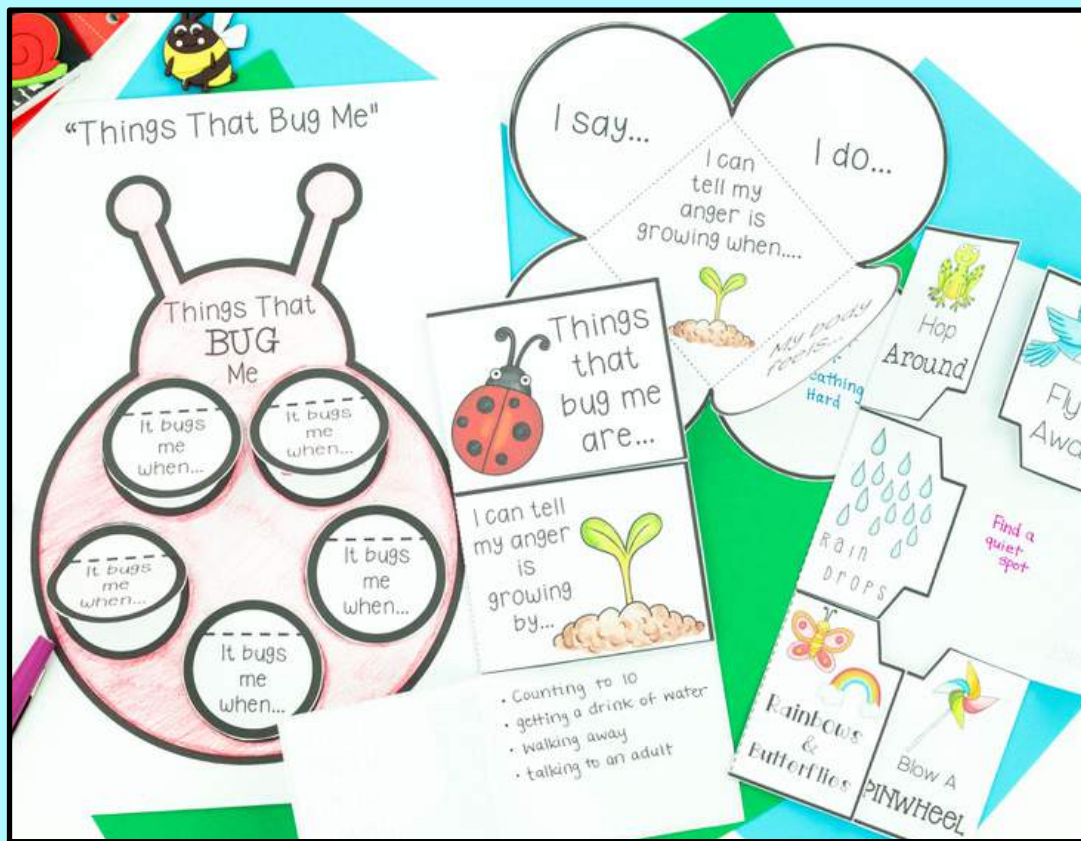


Use these 4 foldable pages to help kids learn to identify and manage their anger!



Kids will learn to:

- Recognize when they are feeling angry
- Identify their anger triggers
- Use positive coping skills when they feel angry.

Keep scrolling to read more about what's included.

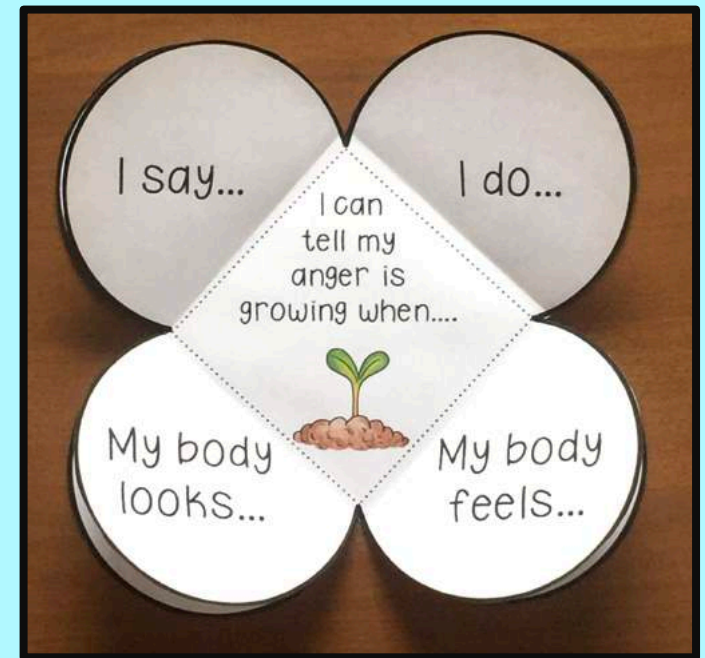


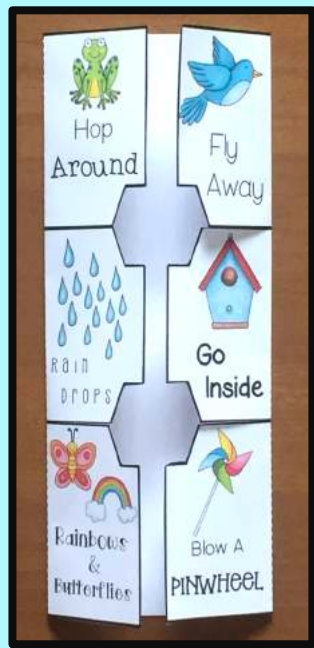
“Things That Bug Me” Foldable Page

Students will learn about anger triggers by writing 5 things that “bug” them!

“Anger Warning Signs” Foldable Page

Students will learn to recognize when their anger is “growing”!





“Coping Skills” Shutter Foldable Page

Students will learn these six coping skills: Exercise, walk away, get a drink, find a quiet place, think happy thoughts and take deep breaths.

“All About My Anger” Foldable Page

Students will review their anger triggers, anger warning signs and coping skills!



What people are saying...

"I was able to use this with my 1st graders following a book about anger. It was super easy to explain and help guide them through the foldables!"
–Christina N.

"Easy to understand directions and the students love it!"
– Sarah T.

"This was a fun way to get the students in the spirit for spring, but also have a visually appealing tool to help them use their calming choices."

Want More Spring Resources? Bundle & Save!



These activities are part of a bundle that includes 6 spring-themed counseling and SEL resources.

They will help your students learn about important SEL concepts like self-esteem, social skills, coping skills and more!

[See The Bundle Here](#)