

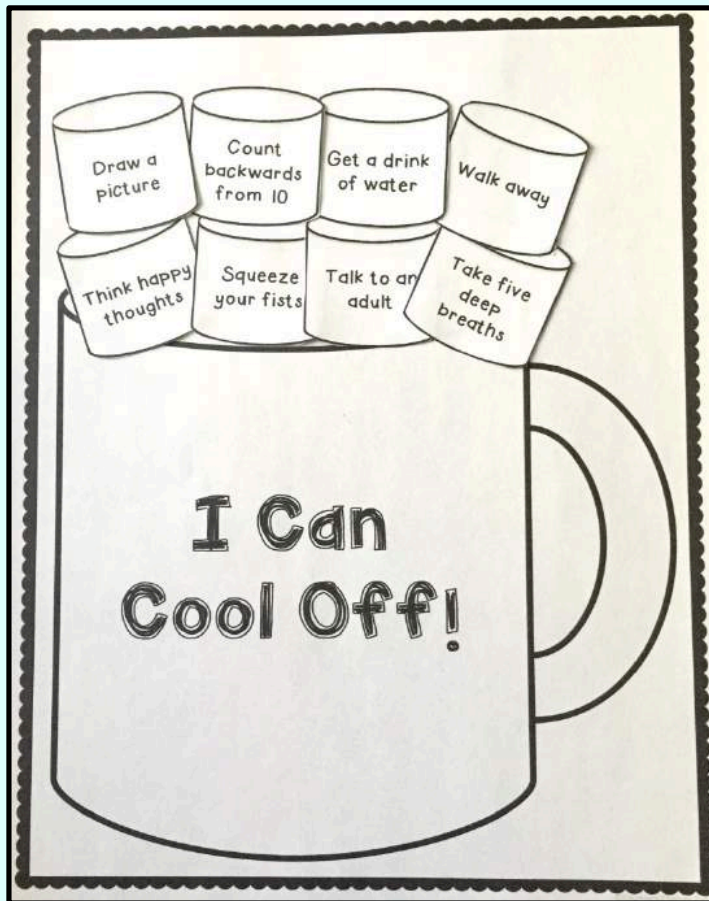
Snowman Anger Trigger Booklet



Students will explore 5 levels of anger and what makes them feel this way.

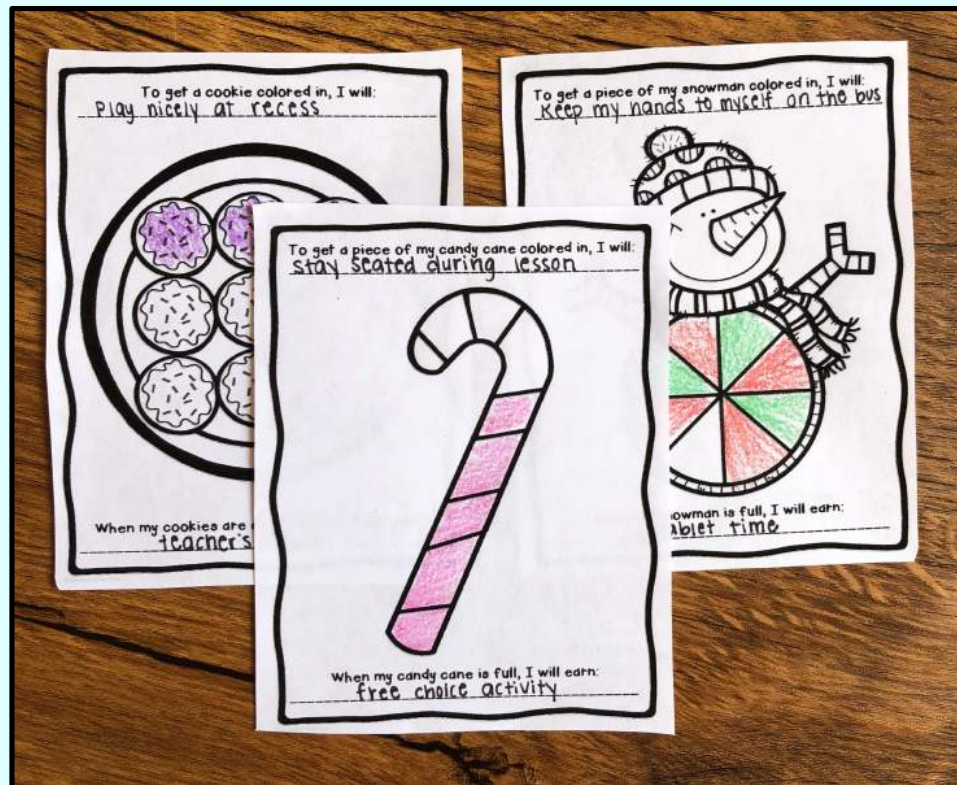
For each page, students will read the description, draw a face and write about their triggers for each level of anger.

“I Can Cool Off” Coping Skills Mug



Students will differentiate between negative and positive coping skills. Then, they will then glue the positive coping skills into their mugs of hot chocolate to “cool it off.”

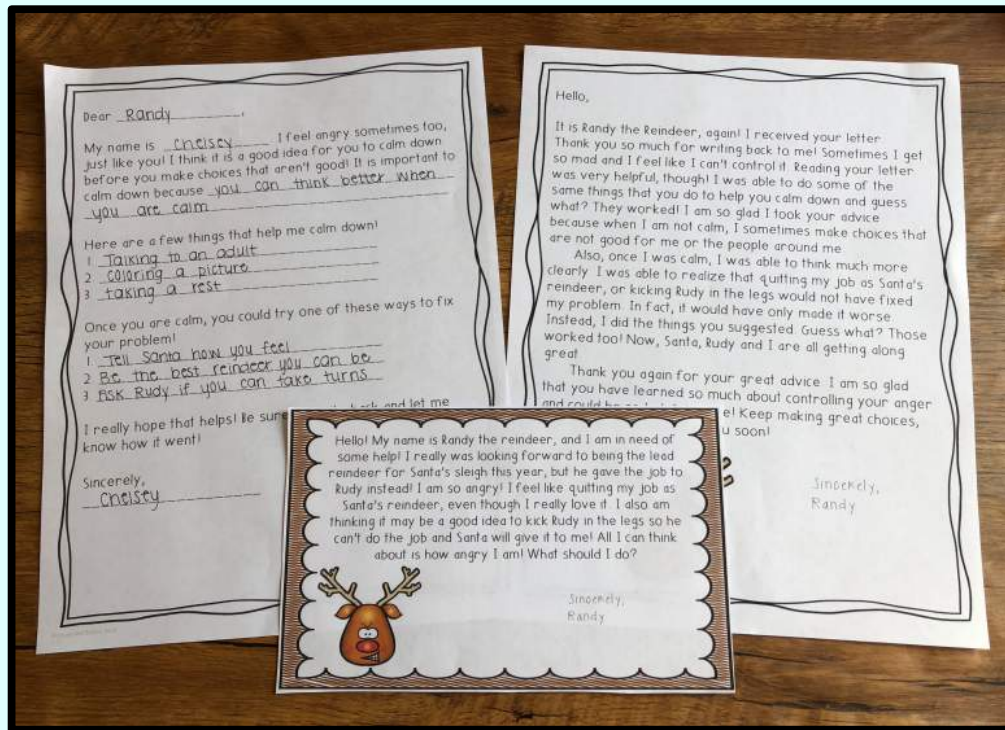
Winter Positive Reinforcement Charts



Includes 3 charts to encourage positive behavior. Students will choose a reward to work for if they exhibit specific positive behaviors.

Charts include a candy cane, snowman, and plate of cookies.

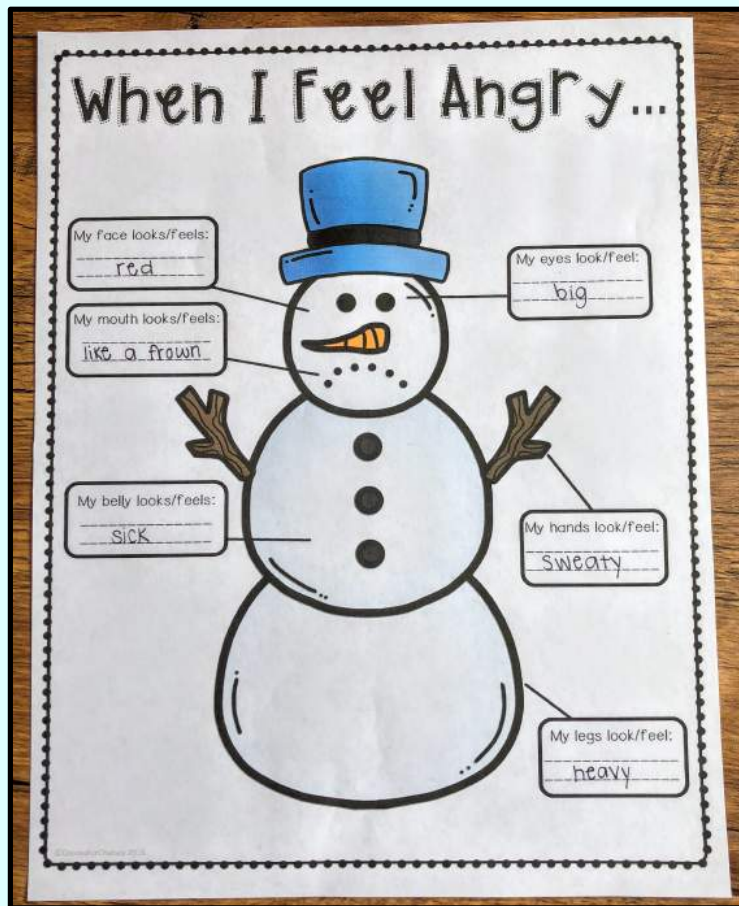
Letters To Holiday Characters



Students will become “pen pals” with 4 different holiday characters to provide advice about how to handle anger.

Students will look at a problem that a character is facing, write a letter to that character to encourage the character to calm down, and then will receive a follow up letter!

“When I Feel Angry” Snowman Worksheet



Students will identify how anger looks/feels in various parts of their bodies including eyes, face, mouth, stomach, hands and legs.

Includes color and B&W.


Snowman Melt Down Foldable Page

Students use this foldable to help them consider their anger triggers, how to recognize anger, who they can talk to when they are angry, and how they can calm down.




“Robert The Reindeer Gets Angry” Read & Draw

Robert the Reindeer
Gets **ANGRY**



TH



Robert the reindeer was one of the best reindeers in Santa's workshop. He had been working in Santa's workshop for a long time and was best friends with Santa. 1

He loved his job until one day, Santa got a new reindeer named Randall. Randall was really good at his new job. Randall was so good, that it seemed like Santa loved Randall the most – even more than he loved Robert. 2

Students will read and illustrate a story about a reindeer who needed help controlling his anger.

Students will read about what made this reindeer angry, and how he was able to calm down.

Winter Guided Meditation Scripts

Drinking Hot Cocoa - Guided Meditation

Today we are going to imagine the winter weather. As we begin, take a deep breath and close your eyes if you feel comfortable. Imagine that you are outside on a winter day. What do you see? Is there snow? Are there leaves on the trees? Is there anyone around you? If so, what are they wearing? Now, focus on what you can feel. Is it cold outside? What does the weather feel like on your face? Think about what types of clothes you are wearing in the winter weather and how they feel on your body. What can you hear when you are outside on a winter day? Do you hear children playing? Can you hear the snow and ice crunching? Can you hear something else? Next, try to notice any smells. Does the air smell a certain way? Can you smell anything else? Try to notice everything you can about being outside on a winter day. When you are finished, slowly open your eyes and become more aware of the room around you.

**Optional fun: Bring a cup of hot cocoa to introduce this script in the present and with



Experiencing A Winter Day - Guided Meditation

Today we are going to imagine the winter weather. As we begin, take a deep breath and close your eyes if you feel comfortable. Imagine that you are outside on a winter day. What do you see? Is there snow? Are there leaves on the trees? Is there anyone around you? If so, what are they wearing? Now, focus on what you can feel. Is it cold outside? What does the weather feel like on your face? Think about what types of clothes you are wearing in the winter weather and how they feel on your body. What can you hear when you are outside on a winter day? Do you hear children playing? Can you hear the snow and ice crunching? Can you hear something else? Next, try to notice any smells. Does the air smell a certain way? Can you smell anything else? Try to notice everything you can about being outside on a winter day. When you are finished, slowly open your eyes and become more aware of the room around you.

**Optional fun: Take your students outside to participate in this meditation as they actually experience a winter day. This will encourage students to practice being present in their surroundings.

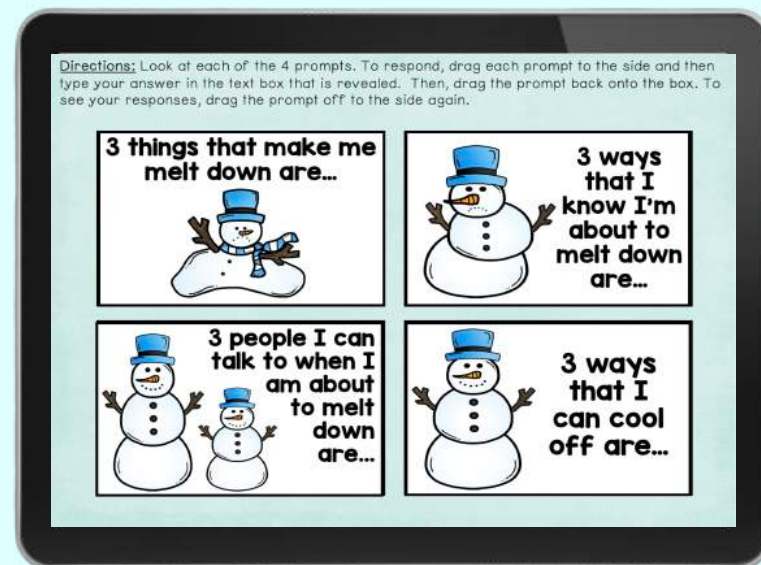
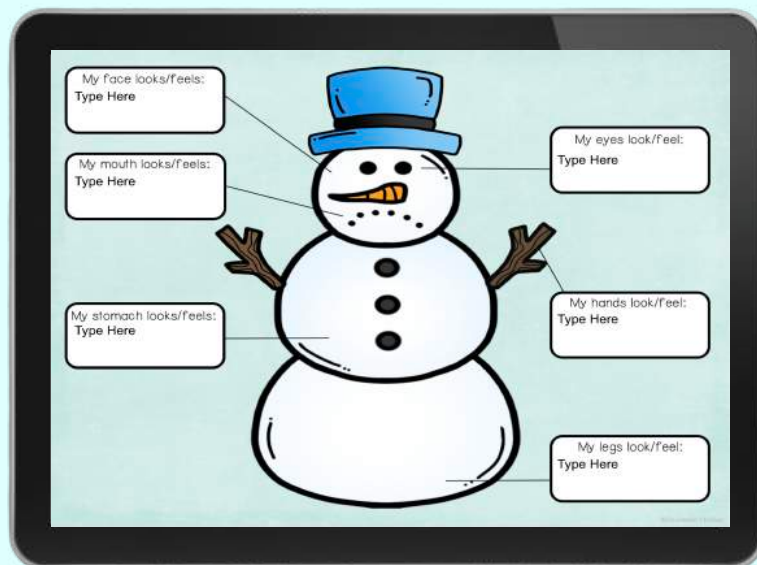


Students will read and illustrate a story about a reindeer who needed help controlling his anger.

Students will read about what made this reindeer angry, and how he was able to calm down.

Includes Google Slides

These anger management activities are also provided in a digital format to support educators doing distance learning or looking to incorporate technology into their lessons!



What Others Are Saying...

"I enjoyed using this in my winter social skills unit. My students were very engaged in these lessons." -Megan S.

"Great resource! My students loved the holiday themed activity. They found it fun and were engaged in the lesson."
-Laura L.

"My students really enjoyed these anger management activities. They were easy to use and students could follow along." -Katrina G.