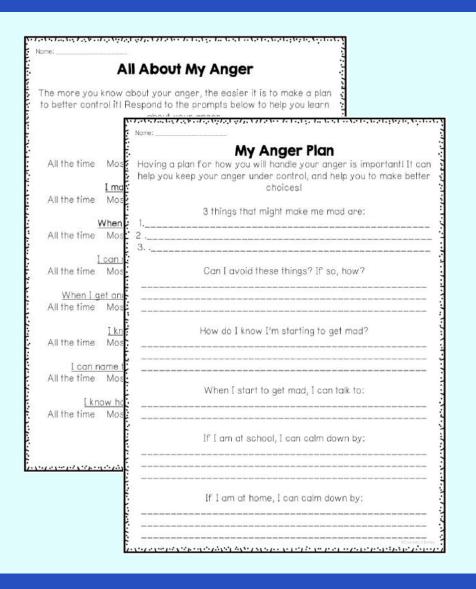
# Use these 13 worksheets to help students understand their own anger and how they can respond to the anger of others.



Perfect For...

- Anger management lessons or small groups
- As a supplement to other anger management activities, books or videos
- With students who could benefit from identifying and coping with their anger

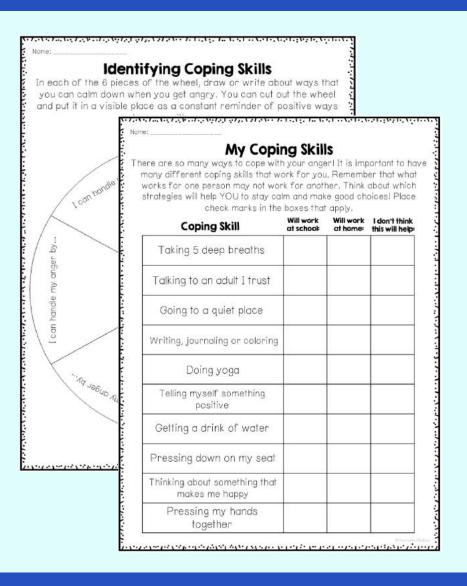
#### 2 Reflection Worksheets



Students will complete a survey about how they experience anger to help them better understand their feelings.

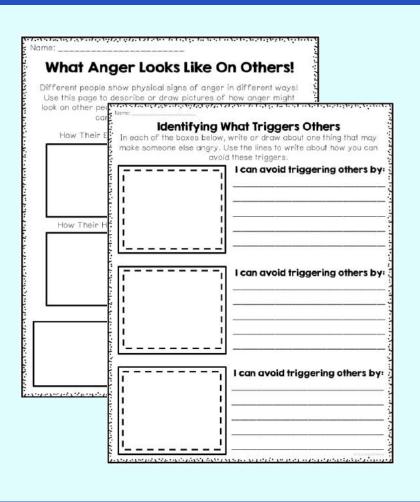
Students will create their own anger plan to help them control their anger and make better choices!

#### 2 Coping Skills Worksheets



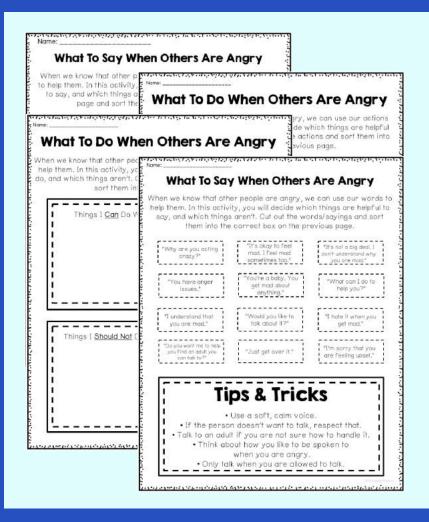
Students will consider which coping skills will work for them and create a plan to use them!

# 2 Understanding The Feelings Of Others Worksheets



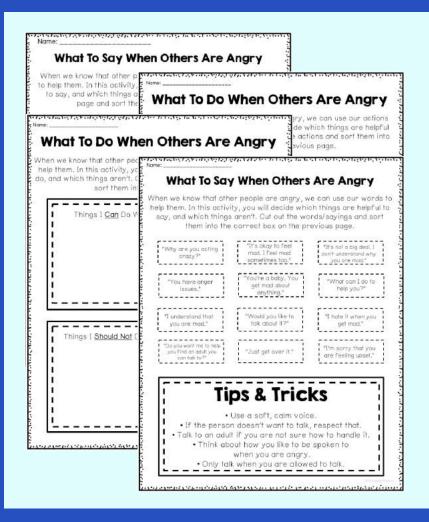
Students will learn to identify anger in others and consider how to respond appropriately.

## 2 "When Others Are Angry" Cut & Paste Activities



Students will identify things that are okay, and not okay to say and do when others are angry.

## 2 "When Others Are Angry" Cut & Paste Activities

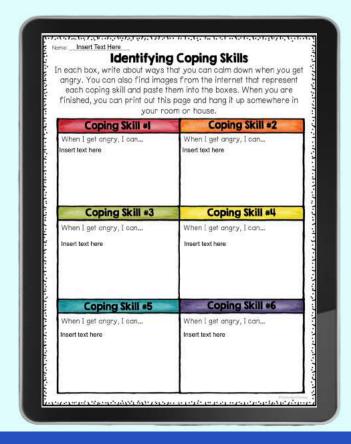


Students will identify things that are okay, and not okay to say and do when others are angry.

### Includes Google Slides

All materials are included in Google Slides. This is great for remote learning or if you are looking to incorporate technology into your lessons!





#### WHAT PEOPLE ARE SAYING...

"Simple and easy to use resource; great way to get kiddos talking about anger!."

— Stephanie L.

"I love using these in groups and to have on hand when meeting with students individually:)"

— Caitlin P.

"Used these during counseling.
Simple and easy to use! Definitely a great resource I'll continue using!"

— Giovanny I.

# Teaching About Anger Management? Bundle & Save!



These worksheets are a part of a bundle of 11 resources focused on helping students with anger management. The bundle includes small groups, worksheets, activities, games and more designed for students in grades K-5.

#### SEE THE BUNDLE HERE