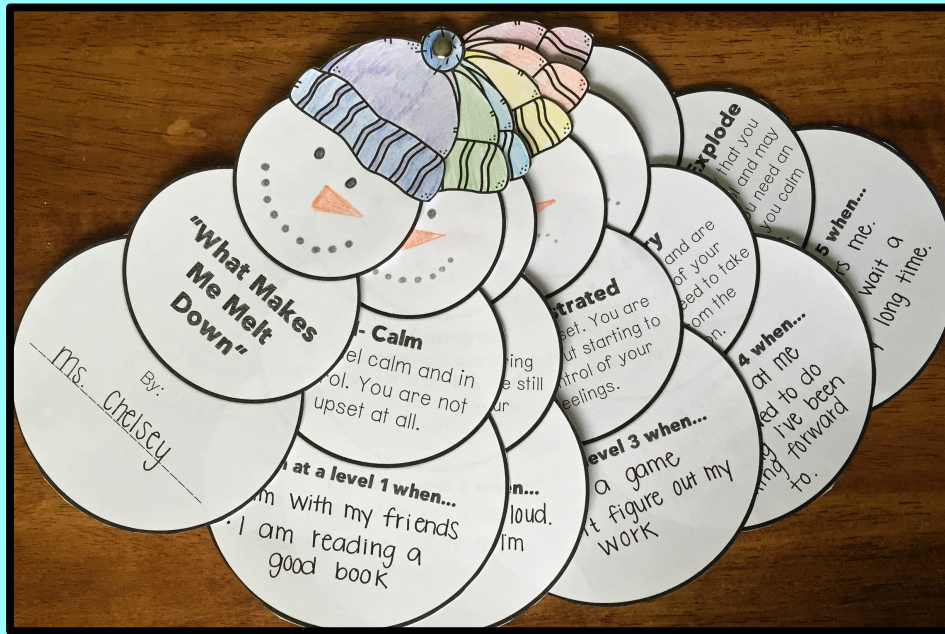


These 8 winter themed anger management resources will help your students:

- Recognize their anger
- Identify their anger triggers
- Develop healthy ways to cope with anger
- Set anger management goals

The activities are perfect for:

- Anger management lessons or small groups
 - Coping skills lessons or small groups
 - Students with ADHD
- Adding seasonal fun to your lessons!

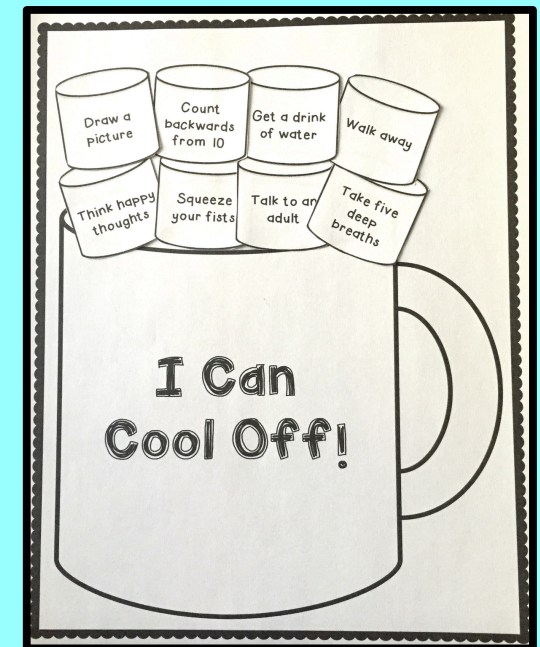


Snowman Anger Trigger Booklet

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. Pages can be attached to form a book.

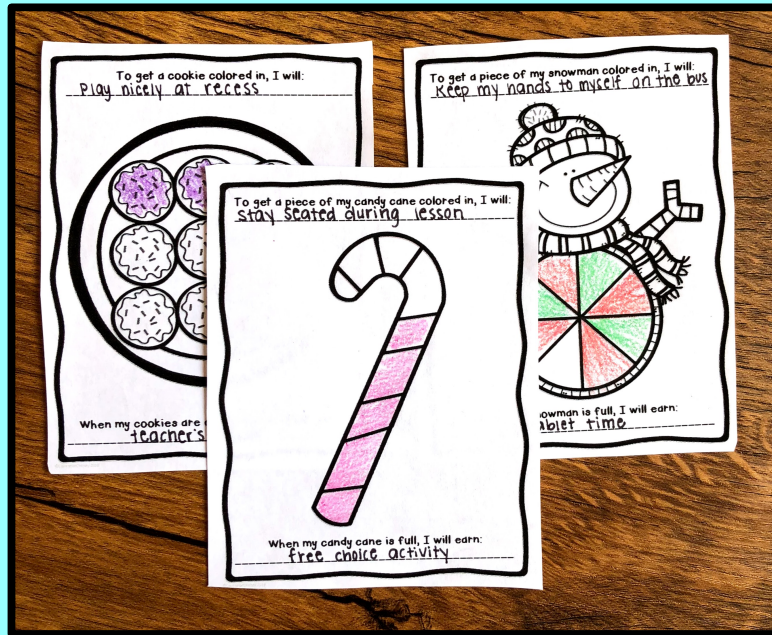
“I Can Cool Off” Coping Skills Mug

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



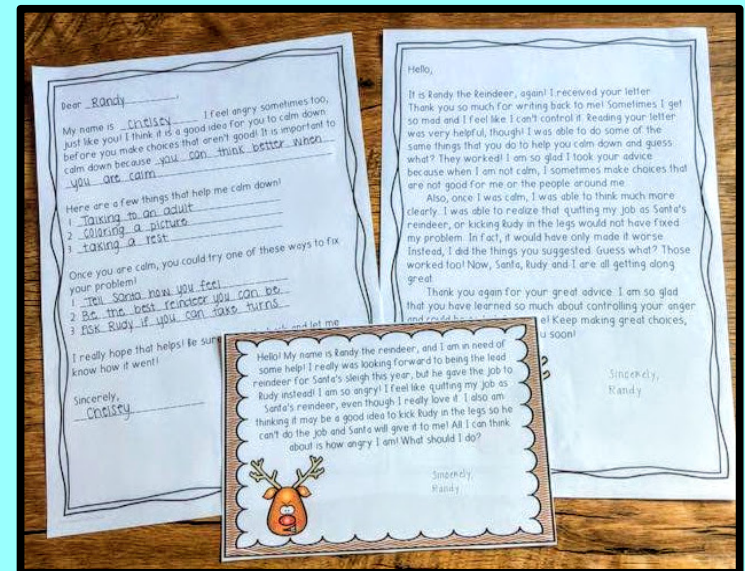
Winter Positive Reinforcement Charts

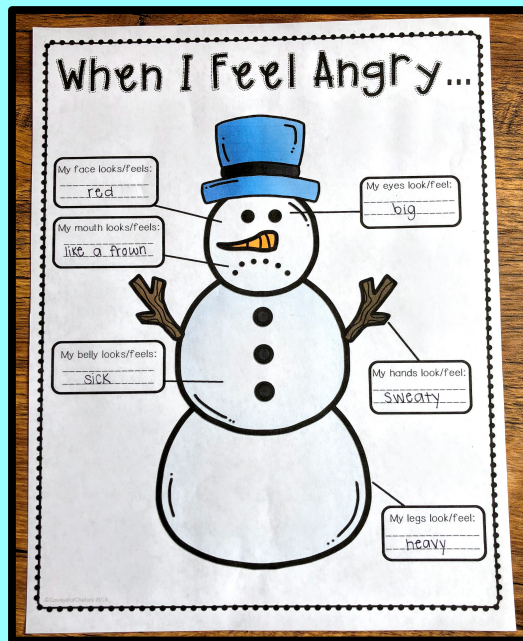
Includes 3 charts to encourage positive behavior. Students will choose a reward to work for if they exhibit specific positive behaviors. Charts include a candy cane, snowman, and plate of cookies.



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

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

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



THE END



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.

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.

“Robert The Reindeer Gets Angry” Read and Draw

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.

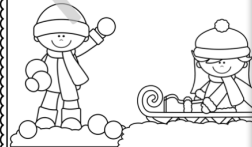
Winter Guided Meditation Scripts

Two winter themed guided meditation scripts to help students practice and experience mindfulness techniques.

Experiencing A Winter Day – Guided Meditation

Today we are going to imagine the winter weather. Take a deep breath and close your eyes if you feel comfortable. Imagine that you are outside on a winter day. Are there snowflakes or leaves on the trees? What do you see around you? If so, what are they wearing? How do you feel. Is it cold outside? What does the weather feel like? Think about what types of clothes you wear in winter weather and how they feel on your body. When you are outside on a winter day? Do you play? Can you hear the snow and ice crunching under your feet? Next, try to notice any smells around you. Can you smell anything else? Think about what you can about being outside on a winter day. When you are finished, slowly open your eyes and become aware of your room around you.

**Optional fun: Take your students outside to experience a winter day. Encourage students to practice being present.



Drinking Hot Cocoa – Guided Meditation

Today we are going to imagine that we are drinking hot cocoa. As we begin, take a deep breath and close your eyes if you feel comfortable. First, think about what the cup would feel like in your hand. Is it cold? Is it warm? Notice what that would feel like. Now, take a deep breath in through your nose as you pretend that you are smelling the hot cocoa. What does it smell like? Can you imagine the smell? As you breathe out, breathe out through your nose and pretend that you are cooling off your cup of hot cocoa. Think about what the cocoa looks like as you blow into the cup. Can you see it moving at all? Repeat those breaths 3 times. Smell the hot cocoa as you breathe in, and cool it off as you breathe out. Finally, imagine you are drinking the hot cocoa. What does it feel like in your mouth? Is it hot or cold? Imagine what it tastes like. Do you like the taste? When you are finished, take another deep breath and slowly open your eyes, becoming more aware of the room around you.

**Optional fun: Bring hot cocoa for the kids to enjoy while introducing this script. It is a great way to encourage students to be in the present and will be something they enjoy and remember!

