

# Includes 5 foldable activities!



- Students will learn to identify their anger, recognize anger triggers, and develop healthy coping skills.
- Each foldable activity comes in color and black and white.
- Full instructions are included for each foldable activity.
- Includes discussion prompts to use with each activity.

# “Recognizing My Anger”

Students will use this foldable to recognize when they are starting to feel angry. They will consider what they say, what they do, how their body looks and how their body feels when they start to feel angry.



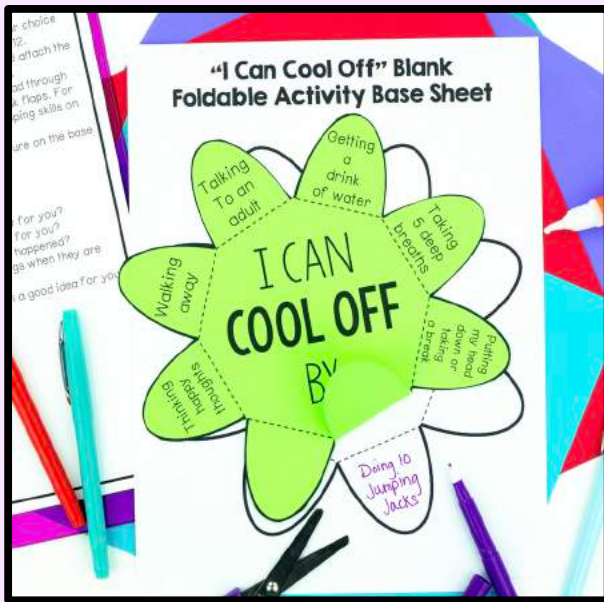
# “Losing My Cool”

This foldable will help students consider their anger triggers. Students will be able to lift the flap and write about the things that make them angry.



# “I Can Cool Off”

Students will look at various coping skills and have a chance to come up with their own ways to “cool off!”



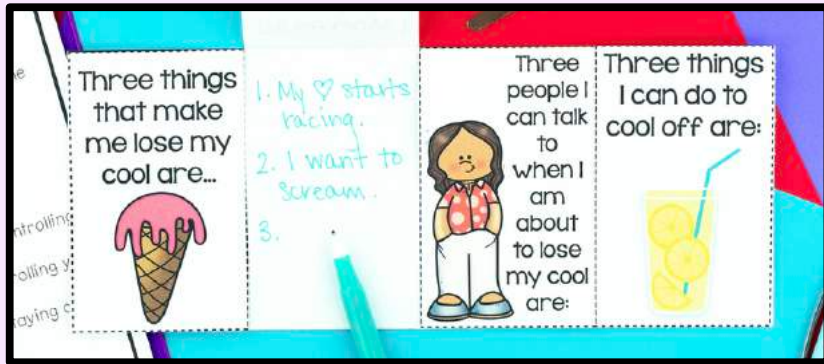
## “Coping Skills Shutter Foldable Activity”

Students will learn the following 6 coping skills, and will use fun, summer themed visuals to remember them:

- Find a quiet place
- Get a drink
- Think about something positive
- Walk away
- Take 5 deep breaths
- Put my head down



# “Understanding My Melt Downs”



Students will consider their anger triggers, how they can recognize when they are getting angry, people they can talk to about their anger, and ways to calm down!

## These foldable activities are perfect for:

- Anger management groups or lessons
- Feelings/emotions groups or lessons
- With students who could benefit from developing healthy coping skills