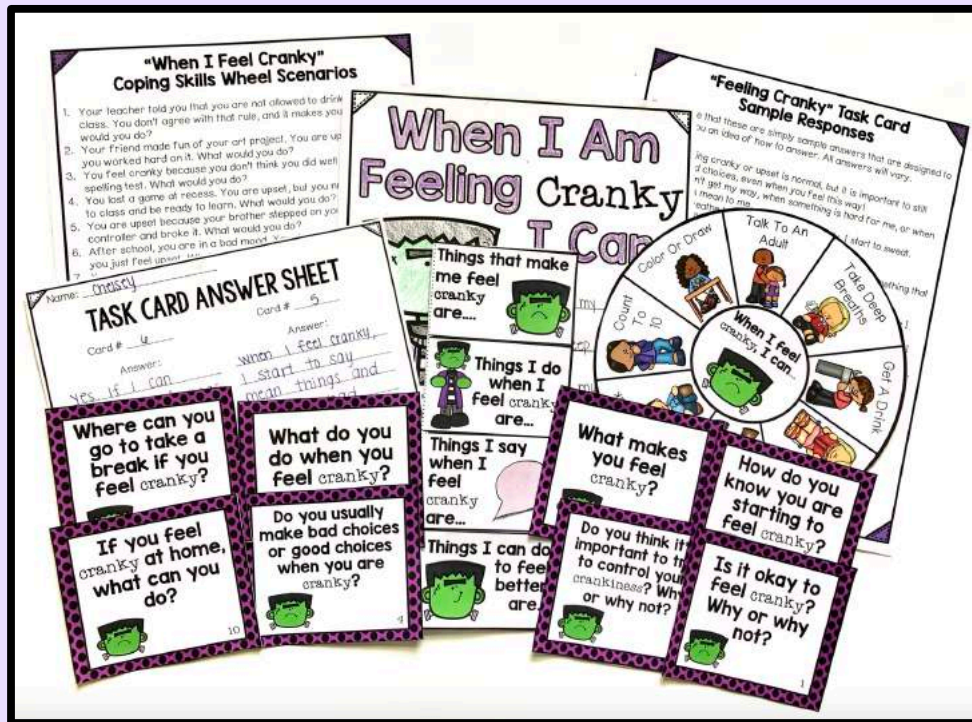


Help your students learn important anger management strategies!



These activities are perfect for:

- Use as a complement to the book Crankenstein by Samantha Berger (although these activities can also be done without the book)
- Anger management lessons or small groups
- Coping skills lessons or small groups
- With students who could benefit from increased self regulation



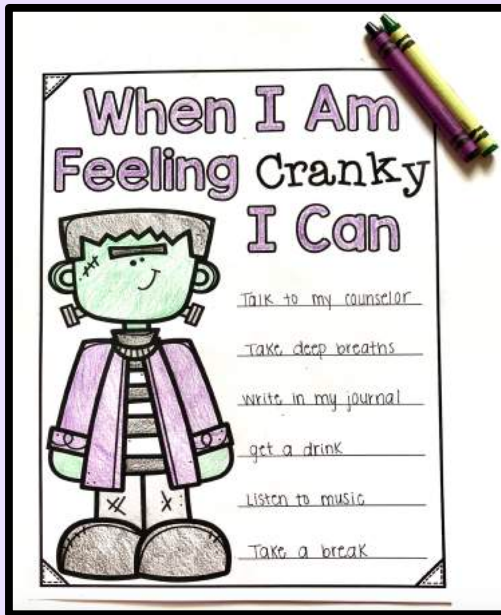
“When I Feel Cranky” Coping Skills Wheel Activity

The instructor will read through 10 scenarios and the students will consider which coping skill they think would work best for them in that situation. Students can use the wheel that is provided, or come up with their own coping skills. The wheel is also a great visual for students to take home with them!

“Feeling Cranky” Foldable Page

Students can construct this foldable page as they consider their anger triggers, anger warning signs, and ways that they can cope with their anger or frustration.



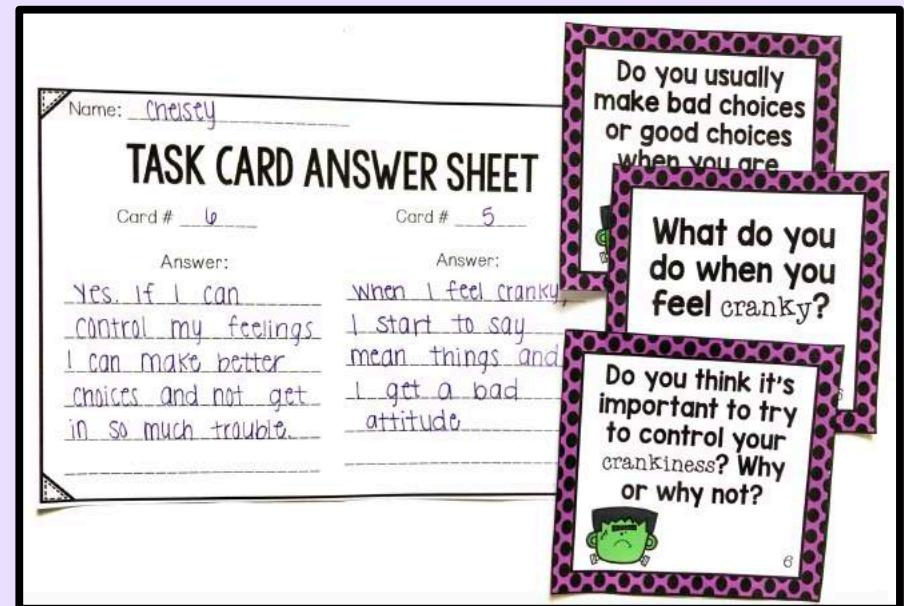


“When I Am Feeling Cranky” Coloring Worksheet

Students can color this worksheet and write in 6 coping skills. These can be used as a display in your classroom/office or taken home by the students!







“Managing My Crankiness” Task Cards

Includes 12 task cards to help students consider their anger warning signs, anger triggers and coping skills!



This resource includes a Google Slides component!

About My Cranky Feelings	
Things that make me feel cranky are...	Things I do when I feel cranky are...
Things I say when I feel cranky are...	Things I can do to feel better are...

Is it okay to feel cranky? Why or why not? Insert text here  1	What makes you feel cranky? Insert text here  2	How do you know you are starting to feel cranky? Insert text here  3
Do you usually make bad choices or good choices when you are cranky? Insert text here  4	What do you do when you feel cranky? Insert text here  5	Do you think it's important to try to control your crankiness? Why or why not? Insert text here  6

Each of the activities in this resource are included in a Google Slides format. This is great for distance learning or for incorporating technology into your lessons.