

Help your students learn to recognize their anger by identifying their anger warning signs!

Perfect For:

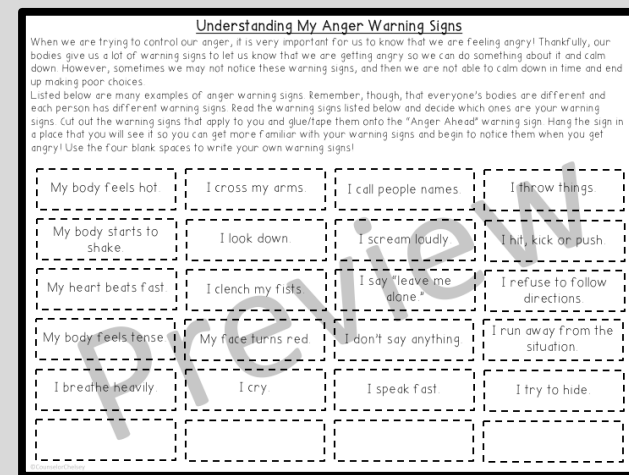


- Anger management lessons or small groups
- Coping skills lessons or small groups
- Students who can identify anger coping skills, but struggle to use them
- Students who could benefit from increased awareness of their feelings
- Students who struggle with impulse control
- Students who have ADHD

Includes a cut and paste activity!

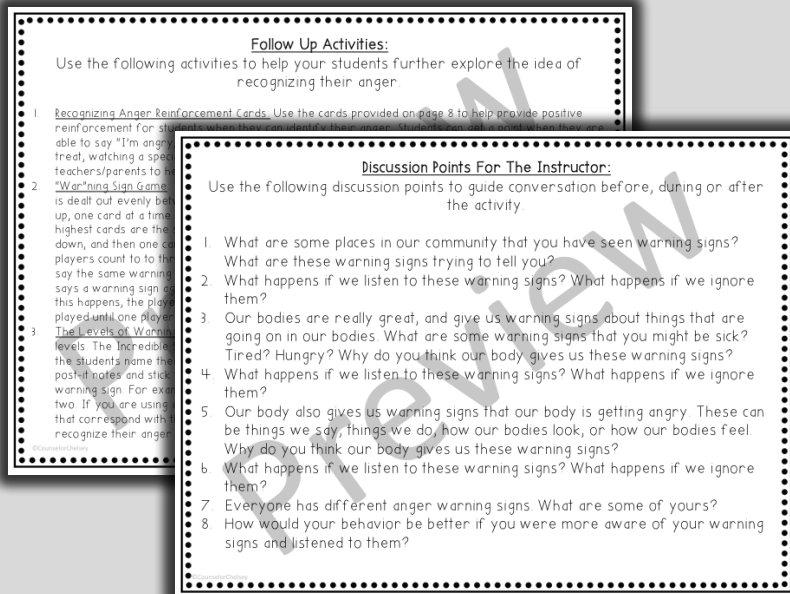
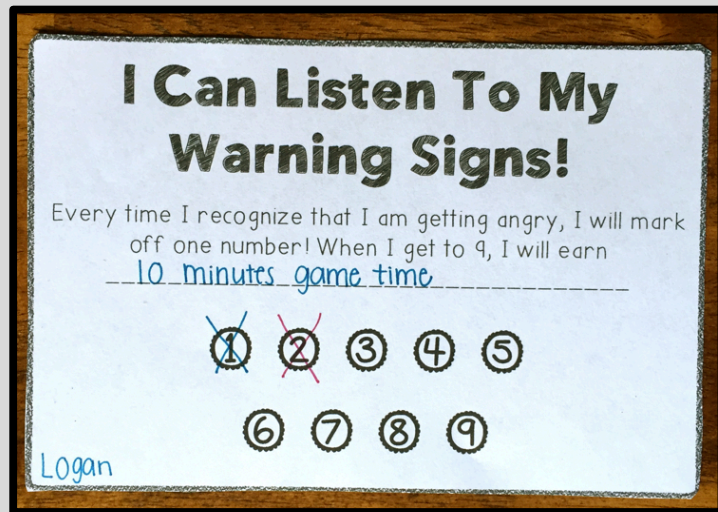


Students will choose from 20 pre-populated anger warning signs, or write in their own. They will then paste their warning signs onto the “Warning! Anger Ahead!” sign.



Includes an anger management positive reinforcement card!

Students can earn positive reinforcement for being able to recognize their anger before it gets out of control!



Includes 8 discussion questions to help guide the activity, and 3 ideas for follow up activities!