

# TEACHING KIDS ANGER MANAGEMENT STRATEGIES

by WholeHearted School  
Counseling

1. Walk away and cool down.



2. Take Steady Breaths and focus on exhaling slowly.



3. Count to 20 or more until you feel calmer.

224



4. Stretch or do yoga.



5. Use I-Statements & say how you feel, what you need & how you want to be treated.



6. Take a break and use a calming tool like a stress ball.



7. Exercise or play a sport.



8. Squeeze then relax your muscles.



9. Push against the wall or floor and then relax.



10. Scribble on paper or write about what's bugging you.



# Anger Management Children Manual

**Johnny L. Matson**



## **Anger Management Children Manual:**

Ignite the flame of optimism with Crafted by is motivational masterpiece, Fuel Your Spirit with **Anger Management Children Manual** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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