

# ANGER MANAGEMENT

## 23 CALMING STRATEGY CARDS



# HAPPY TEACHING!

Many thanks go to Sanna Hemnell  
for this Finnish translation.

Print these pages onto card and cut to separate. I used a hole punch to add holes in the top left corner so they could be attached to a ring to keep them together.

If you want black and white pictures and a greater variety of calming strategies, visit my **TEACHERS PAY TEACHERS STORE.**

I hope your students really enjoy these cards! If you have any questions or concerns regarding this product please contact me at [lizearlylearningspot@gmail.com](mailto:lizearlylearningspot@gmail.com)

For many more teaching ideas and freebies visit my blog Liz's Early Learning Spot <http://www.lizs-early-learning-spot.com>

Liz





raivostunut

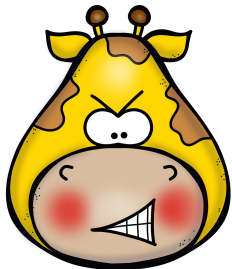
vihainen

ärsyyntynyt

harmissaan

rauhallinen





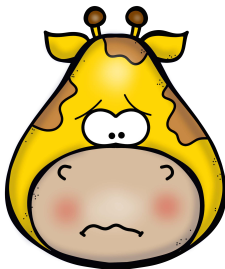
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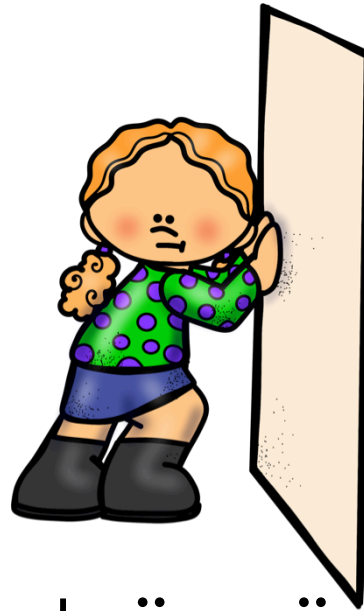
rauhallinen



# Rauhoittumiskeinoja



Liz's Early Learning Spot  
Translated by Sanna Hemnell



työnnä



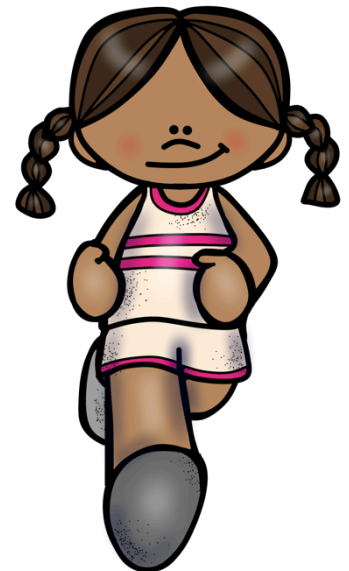
kävele



hypppele



venytttele



juokse





mieti  
hauskoja asioita



rentoudu



juo



etsi rauhallinen  
paikka



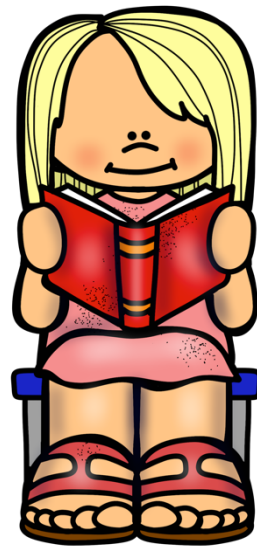
joogaa



hengitä syvään



kuuntele  
musiikkia



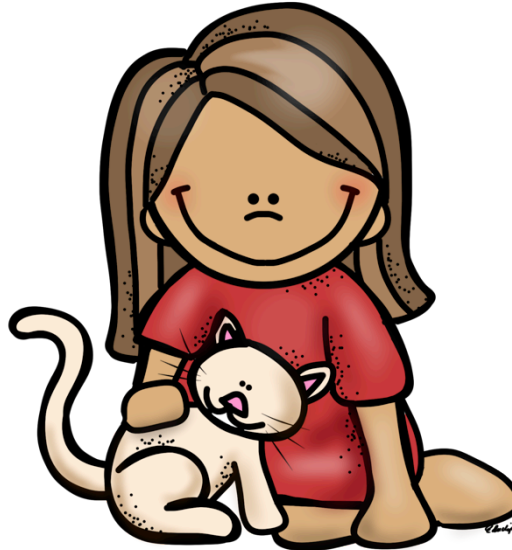
lue kirjaa



rakenna



puristele



silittele lemmikkiä



laske



maalaa



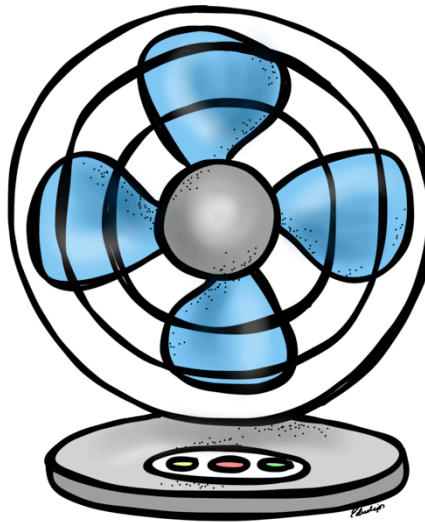
piirrää



muovaile



halaa pehmoa



tunne tuulahdus



jauha purkkaa

