

ANGER MANAGEMENT

23 CALMING STRATEGY CARDS



HAPPY TEACHING!

Many thanks go to Sanna Hemnell
for this Swedish 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

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

Liz





RASANDE

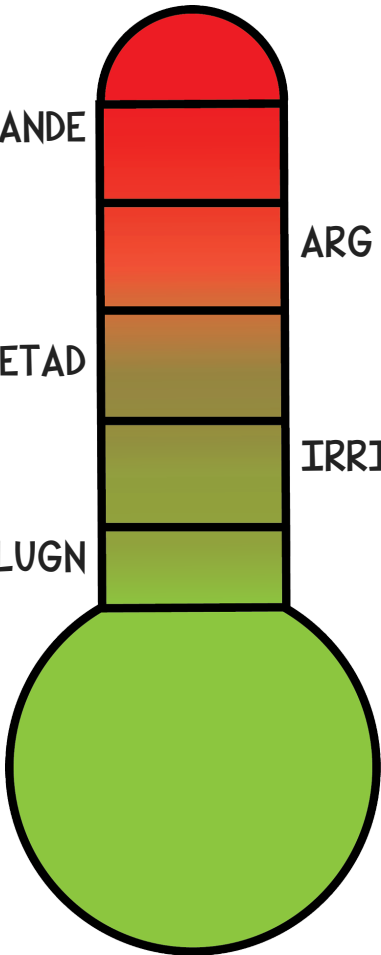


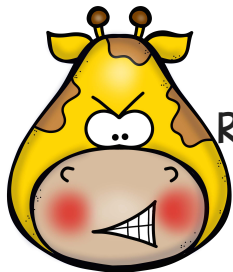
ARG

UPPRETAD

IRRITERAD

LUGN





RASANDE

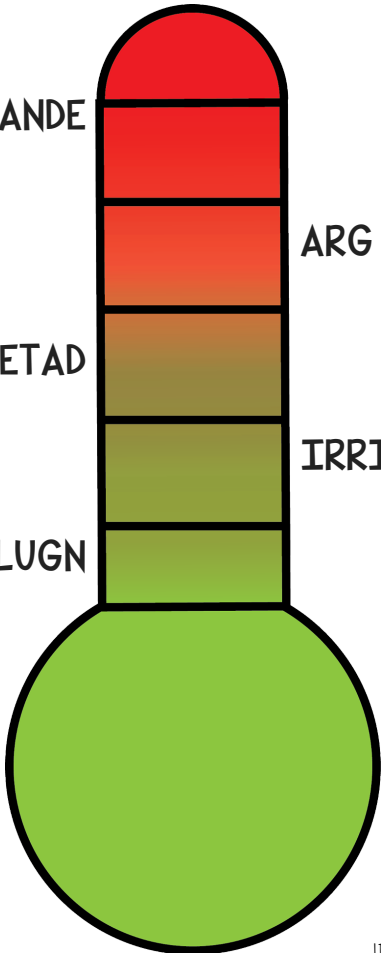
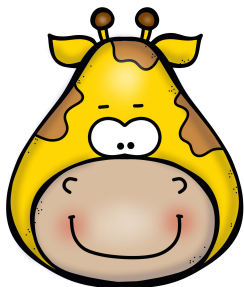


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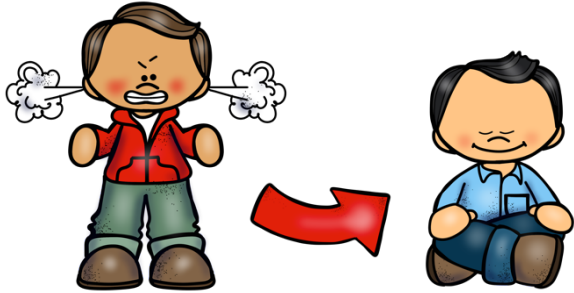
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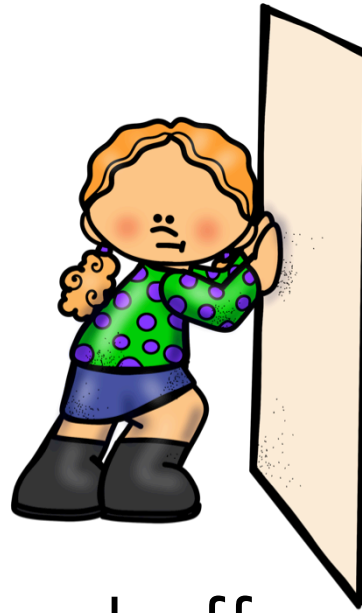
LUGN



Metoder för att lugna ner sig



Liz's Early Learning Spot
Translated by Sanna Hemnell



skuffa



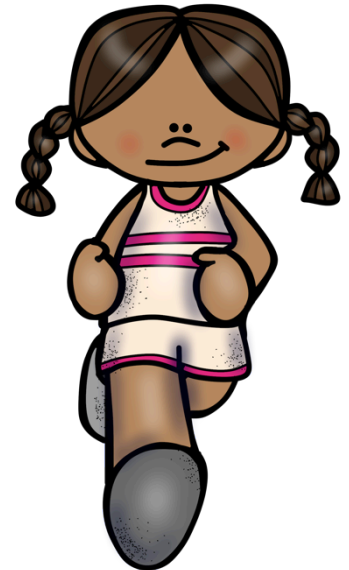
gå



hoppa



sträck på dig



spring



tänk på
roliga saker



slappna av



drick



en lugn plats



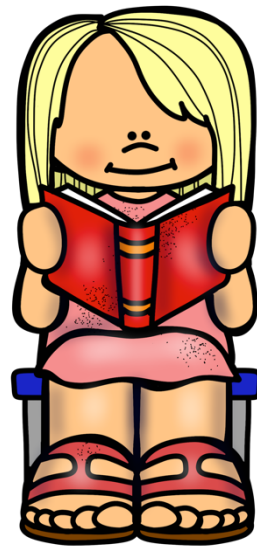
yoga



andas in djupt



lyssna på musik



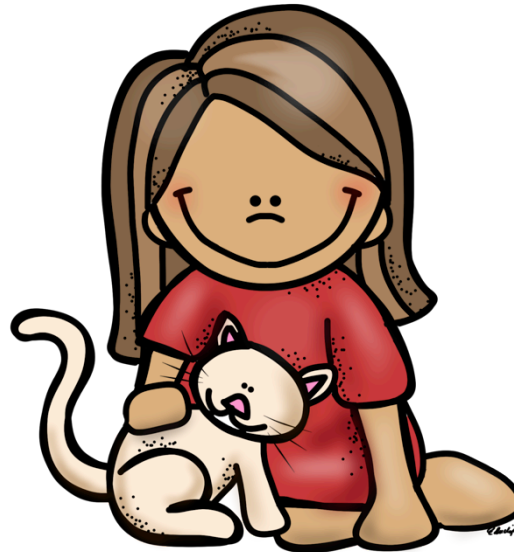
läs en bok



bygg med klossar



kläm



klappa ett djur



räkna



måla



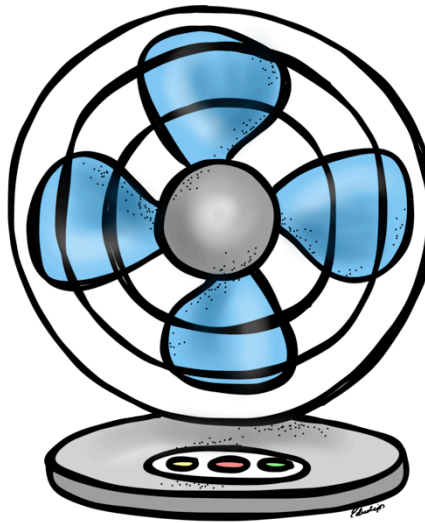
rita



modellera



krama
ett mjukisdjur



känn en frisk fläkt



tugga tuggummi

