ANGER MANAGEMENT
23 CALMING STRATEGY CARDS

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.

For black and white pictures and 185 calming ideas, click HERE.

I hope your students really enjoy these cards! If you have any questions or concerns regarding this product please contact me at lizsearlylearningspot@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

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Very Angry

Angry

Cross

A Bit Irritated

Calm
Calm

A bit irritated

Cross

Angry

Very angry
Calming Strategy Cards

push

walk

jump

stretch

run
happy thoughts
relax
drink
quiet space
yoga
breathe
listen to music  read a book  play with blocks

squeeze  pat a pet  count
paint

draw

play dough

hug a bear

feel a breeze

chew gum