ANGER MANAGEMENT
23 CALMING STRATEGY CARDS

HAPPY TEACHING!

Many thanks go to Linda Ósk Sigurðardóttir for her help with this Icelandic translation. Connect with Linda on Instagram HERE!

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 ideas, 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 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

2015 © Liz's Early Learning Spot
Mjög reiður
Reiður
Pirraður
Önugur
Rólegur
Mjög reiður
Reiður
Pirraður
Önugur
Rólegur
Slökunar spjöld

ýta

ganga

hoppa

teygja

hlaupa
fallegar hugsanir
slökun
drekka
rólegt horn
jóga
anda
hlusta á tónlist
lesa bók
kubba
kreista
klappa dýri
telja
mála  
teikna  
leira  
faðma bangsa  
finna goluna  
tyggja tyggjó