

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.

222



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.



Solutions For Anger Management

N Noddings



Solutions For Anger Management:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, **Solutions For Anger Management** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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