

# THANK YOU FOR YOUR PURCHASE!



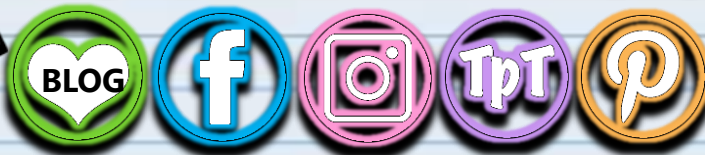
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Ashley

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# LET'S TALK ABOUT ANGER

## Game Objective:

\*Be the first to get rid of all the cards in your hand. Answer all the discussion questions on your cards.

## Materials:

\*Print card deck either double sided, or laminate them so they are back to back with one side of the card being "Let's Talk about Anger" and the other side being a discussion question. I recommend laminating either way so the deck lasts longer.

## Game Instructions:

\*Play this game as you would play UNO, except students must answer the discussion question on their card to play the card.

\*Choose a dealer and shuffle the cards. Deal 7 cards to each player. Place the remaining cards face down in the center of the table. This is the draw pile. Flip over the top card on the draw pile, place it face up to form the discard pile. (If this card is an action card, ignore it and flip over to the next card). The player to the left of the dealer goes first and proceed clockwise.

\*On your turn, you try to get rid of your cards by playing one card onto the discard pile.

***\*If you have a matching card in your hand,*** you may play it on the discard pile. (You can only play a card if it matched at least one attribute of the top card on the discard pile: its color, number, or symbol. If the card you played is an action card, it does something special (see action cards below). You must answer to question on the card that you play.

***\*If you do NOT have a matching card,*** draw one card from the draw pile. (If your new card can be played, then you play it now. You may choose to draw a card instead of playing one, even if you have a playable card in your hand.

\*The moment you have only one card in your hand, you must yell UNO to alert the other players you are about to win. If someone beats you to it and calls UNO before you, then you must draw two cards.

\*When a player plays their final card, they WIN!

\*Action cards:

\*Draw Two card: When played, the next player must draw two cards and lose their turn.

\*Skip card: When played, the next player loses their turn.

\*Reverse card: When played, the direction of play is reversed.

\*Wild card: This card matches anything so you can play it no matter what card is on the discard pile. When you play a Wild card, you also get to choose the color that continues play.

\*Wild Draw Four card: This card matches anything so you can play it no matter what card is on the discard pile. The next player draws four cards and loses their turn. You also get to choose the color that continues play.

## ASCA Standards Alignment:

\*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

\*Behavior: Self-Management Skills: Effective coping skills (B-SMS 7)

## SEL Competencies:

\*Self-Management: Stress Management, self-discipline.

\*Self-Awareness: Identifying emotions.



1



**WHAT IS  
ANGER?**

... **ANGER** ...

2



**HOW DO YOU  
CALM YOURSELF  
DOWN WHEN  
YOU'RE ANGRY?**

... **ANGER** ...

3



**WHAT MAKES  
YOU FEEL  
BETTER WHEN  
YOU'RE  
ANGRY?**

... **ANGER** ...

4



**CAN YOU THINK  
OF A TIME WHEN  
DEEP BREATHING  
HELPED YOU FEEL  
CALM?**

... **ANGER** ...

5



**WHAT ARE SOME  
ACTIVITIES THAT  
HELP YOU GET  
CALM?**

... **ANGER** ...

6



**HOW DOES  
ANGER FEEL IN  
YOUR BODY?**

... **ANGER** ...

7



**IS ANGER A  
GOOD OR BAD  
FEELING? WHY?**

... **ANGER** ...

8



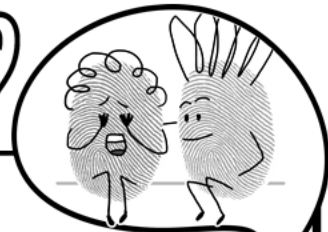
**WHY DO  
PEOPLE FEEL  
ANGRY?**

... **ANGER** ...





9



HOW DO YOU  
FEEL AFTER  
TALKING TO  
SOMEONE ABOUT  
YOUR ANGER?

... ANGER ...

10



IS IT OKAY TO  
FEEL ANGRY?  
WHY OR WHY  
NOT?

... ANGER ...

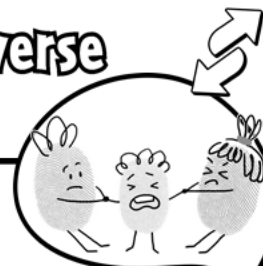
Draw Two



HOW DO YOU  
EXPRESS YOUR  
FEELINGS IN A  
HEALTHY WAY?

... ANGER ...

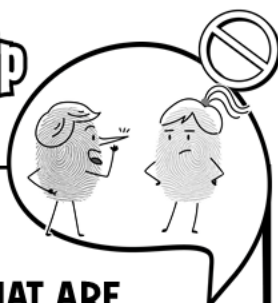
Reverse



WHAT ARE SOME  
THINGS THAT  
MAKE YOU FEEL  
ANGRY?

... ANGER ...

Skip



WHAT ARE  
SOME SMALL  
THINGS THAT CAN  
MAKE PEOPLE  
ANGRY?

... ANGER ...

Skip



WHAT ARE  
SOME BIG  
THINGS THAT  
CAN MAKE  
PEOPLE ANGRY?

... ANGER ...

Draw Two



HOW DOES  
ANGER AFFECT  
THE WAY YOU  
THINK?

... ANGER ...

Reverse



HOW IS ANGER  
DIFFERENT FROM  
FRUSTRATION?

... ANGER ...





1



WHAT'S  
SOMETHING YOU  
DO TO STAY  
CALM WHEN  
YOU'RE ANGRY?

... **ANGER** ...

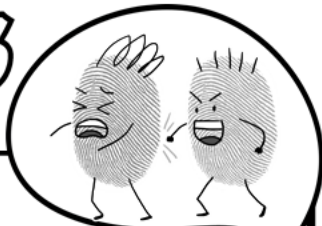
2



HOW DO YOU  
HELP A FRIEND  
WHO IS FEELING  
ANGRY?

... **ANGER** ...

3



WHAT ARE  
SOME SIGNS  
THAT SOMEONE  
MIGHT BE  
FEELING ANGRY?

... **ANGER** ...

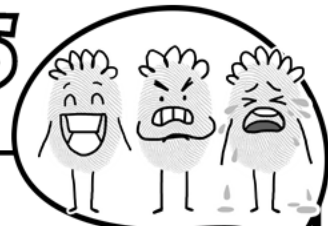
4



HOW DO YOU  
KNOW WHEN YOU  
ARE GETTING  
ANGRY?

... **ANGER** ...

5



WHAT DOES  
ANGER LOOK LIKE  
ON SOMEONE'S  
FACE?

... **ANGER** ...

6



DOES ANGER  
SOMETIMES  
SHOW AS A  
DIFFERENT  
EMOTION?

... **ANGER** ...

7



HOW DOES  
YOUR VOICE  
CHANGE WHEN  
YOU ARE  
ANGRY?

... **ANGER** ...

8



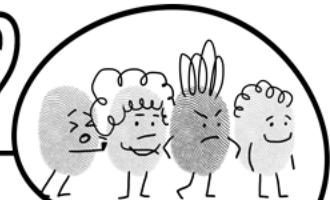
WHAT  
HAPPENS TO  
YOUR BODY  
WHEN YOU FEEL  
VERY ANGRY?

... **ANGER** ...





9



DO YOU THINK  
EVERYONE FEELS  
ANGRY  
SOMETIMES?  
WHY?

... **ANGER** ...

10



HOW CAN YOU  
TELL IF YOU ARE  
FEELING ANGRY?

... **ANGER** ...

9



WHAT ARE  
SOME THINGS AT  
SCHOOL THAT  
MIGHT MAKE KIDS  
FEEL ANGRY?

... **ANGER** ...

10



CAN ANGER  
MAKE YOUR  
HEART BEAT  
FASTER?

... **ANGER** ...

9



CAN ANGER  
MAKE IT HARD  
TO THINK  
CLEARLY?

... **ANGER** ...

10



WHAT  
HAPPENS WHEN  
YOU KEEP  
ANGER INSIDE  
FOR TOO LONG?

... **ANGER** ...

9



HAVE YOU  
EVER BEEN SO  
ANGRY THAT  
YOU WANTED TO  
YELL OR CRY?

... **ANGER** ...

10



HOW DO YOU  
FEEL AFTER YOUR  
ANGER GOES  
AWAY?

... **ANGER** ...





1



**WHAT ARE  
SOME HEALTHY  
WAYS TO SHOW  
ANGER?**

... **ANGER** ...

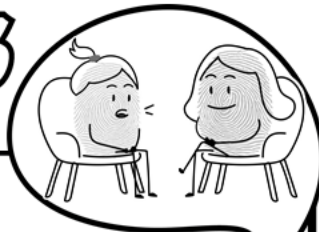
2



**WHAT ARE SOME  
UNHEALTHY  
WAYS TO SHOW  
ANGER?**

... **ANGER** ...

3



**WHO IS SOMEONE  
YOU TRUST TO  
TALK TO WHEN  
YOU NEED HELP?**

... **ANGER** ...

4



**IS IT OKAY TO  
YELL WHEN  
YOU ARE  
ANGRY? WHY  
OR WHY NOT?**

... **ANGER** ...

5



**WHAT HAPPENS  
WHEN YOU HIT OR  
HURT SOMEONE  
BECAUSE YOU ARE  
ANGRY?**

... **ANGER** ...

6



**HOW DO YOU  
ASK FOR HELP  
WHEN YOU'RE  
STRUGGLING?**

... **ANGER** ...

7



**WHAT ARE SOME  
WAYS TO CALM  
DOWN BEFORE  
SAYING SOMETHING  
YOU REGRET?**

... **ANGER** ...

8



**CAN WRITING  
OR DRAWING  
HELP EXPRESS  
ANGER? HOW?**

... **ANGER** ...





1



**HOW DOES  
ANGER AFFECT  
YOUR  
BREATHING?**

... **ANGER** ...

2



**HOW DOES  
ANGER AFFECT  
YOUR  
EMOTIONS?**

... **ANGER** ...

3



**WHY IS IT  
IMPORTANT TO  
TALK ABOUT  
YOUR ANGER?**

... **ANGER** ...

4



**CAN ANGER  
MAKE IT HARD  
TO FOCUS?  
WHY?**

... **ANGER** ...

5



**HOW CAN  
TAKING DEEP  
BREATHS HELP  
WHEN YOU ARE  
ANGRY?**

... **ANGER** ...

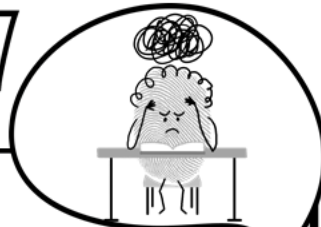
6



**WHAT ARE  
SOME WORDS  
YOU CAN SAY  
WHEN YOU ARE  
ANGRY?**

... **ANGER** ...

7



**WHAT ARE  
SOME THINGS  
THAT MAKE YOU  
ANGRY AT  
SCHOOL?**

... **ANGER** ...

8



**HOW DOES  
COUNTING TO  
TEN HELP WITH  
ANGER?**

... **ANGER** ...





9



WHAT ARE  
SOME FUN THINGS  
YOU CAN DO TO  
TAKE YOUR MIND  
OFF ANGER?

... ANGER ...

10



HAVE YOU  
EVER TRIED  
COUNTING TO 10  
TO CALM DOWN?  
DID IT HELP?

... ANGER ...

Draw Two



WHAT DO YOU  
DO WHEN YOU  
NEED TO SLOW  
DOWN AND  
RELAX?

... ANGER ...

Reverse



HOW CAN CLOSING  
YOUR EYES AND  
IMAGINING A  
PEACEFUL PLACE HELP  
YOU FEEL CALM?

... ANGER ...

Skip



WHAT'S YOUR  
FAVORITE WAY TO  
PRACTICE DEEP  
BREATHING?

... ANGER ...

Skip



WHAT ARE  
SOME THINGS  
THAT MAKE YOU  
ANGRY AT  
HOME?

... ANGER ...

Draw Two



HOW CAN  
DRAWING OR  
COLORING HELP  
WHEN YOU'RE  
FEELING ANGRY?

... ANGER ...

Reverse



HOW DOES  
TAKING A BREAK  
HELP YOU FEEL  
BETTER WHEN  
YOU'RE UPSET?

... ANGER ...





1



WHY DO PEOPLE  
SOMETIMES GET  
ANGRY WHEN THEY  
FEEL  
EMBARRASSED?

... **ANGER** ...

2



CAN LOSING  
A GAME MAKE  
YOU FEEL  
ANGRY? WHY?

... **ANGER** ...

3



WHAT ARE  
SOME RELAXING  
ACTIVITIES THAT  
HELP YOU WHEN  
YOU'RE ANGRY?

... **ANGER** ...

4



WHY DO  
PEOPLE SOMETIMES  
GET ANGRY WHEN  
THEY FEEL  
SCARED?

... **ANGER** ...

5



HOW DOES IT  
FEEL WHEN  
SOMEONE IS  
UNFAIR TO YOU?

... **ANGER** ...

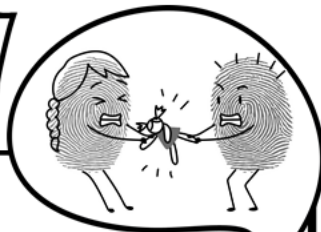
6



HOW DOES IT  
FEEL WHEN  
SOMEONE  
DOESN'T LISTEN  
TO YOU?

... **ANGER** ...

7



HOW DOES IT  
FEEL WHEN  
SOMEONE TAKES  
SOMETHING THAT  
BELONGS TO YOU?

... **ANGER** ...

8



HOW DOES IT  
FEEL WHEN YOU  
DON'T GET YOUR  
WAY?

... **ANGER** ...





1



**CAN HUNGER  
OR TIREDNESS  
MAKE YOU FEEL  
ANGRY?**

... **ANGER** ...

2



**HOW CAN  
YOU USE  
EXERCISE TO  
HELP MANAGE  
ANGER?**

... **ANGER** ...

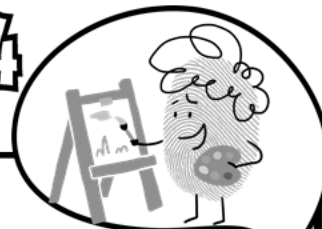
3



**HOW CAN  
TAKING A BREAK  
HELP WHEN  
YOU'RE ANGRY?**

... **ANGER** ...

4



**WHAT ARE  
SOME CALMING  
ACTIVITIES YOU  
CAN DO WHEN  
YOU'RE ANGRY?**

... **ANGER** ...

5



**HOW DOES  
TALKING TO A  
FRIEND HELP  
WHEN YOU'RE  
ANGRY?**

... **ANGER** ...

6



**HOW CAN  
WRITING IN A  
JOURNAL OR  
DIARY HELP YOU  
COPE?**

... **ANGER** ...

7



**HOW CAN  
YOU LET GO OF  
ANGER INSTEAD  
OF HOLDING  
ONTO IT?**

... **ANGER** ...

8



**WHAT CAN  
YOU DO IF YOU  
FEEL LIKE YOU'RE  
GOING TO  
EXPLODE?**

... **ANGER** ...





9



HOW DO YOU FEEL  
AFTER TAKING A  
DEEP BREATH OR  
DOING SOME  
STRETCHING?

... ANGER ...

10



WHAT DO YOU  
THINK ABOUT TO  
FEEL PEACEFUL  
WHEN YOU'RE  
UPSET?

... ANGER ...

Draw Two



HOW CAN  
LISTENING TO  
MUSIC HELP  
WITH ANGER?

... ANGER ...

Reverse



WHAT CAN YOU  
DO IF YOU FEEL LIKE  
YOU MIGHT SAY  
SOMETHING HURTFUL  
OUT OF FRUSTRATION?

... ANGER ...

Skip



WHY IS IT  
IMPORTANT TO  
THINK BEFORE  
REACTING IN  
ANGER?

... ANGER ...

Skip



WHAT ARE  
SOME WAYS TO  
TURN ANGER INTO  
SOMETHING  
POSITIVE?

... ANGER ...

Draw Two



WHAT HELPS  
YOU RELAX  
WHEN YOU'RE  
FEELING ANGRY?

... ANGER ...

Reverse



HOW DOES  
ANGER AFFECT  
FRIENDSHIPS?

... ANGER ...





1



**WHAT IS ONE  
THING YOU  
CAN DO TO  
HELP YOURSELF  
STAY CALM?**

... **ANGER** ...

2



**HAVE YOU  
EVER FELT  
ANGRY AT A  
FRIEND? WHAT  
DID YOU DO?**

... **ANGER** ...

3



**HOW CAN YOU  
APOLOGIZE IF YOU  
SAY SOMETHING  
MEAN WHEN  
YOU'RE ANGRY?**

... **ANGER** ...

4



**WHAT  
HAPPENS WHEN  
PEOPLE FIGHT  
BECAUSE THEY  
ARE ANGRY?**

... **ANGER** ...

5



**WHAT ARE SOME  
THINGS AT HOME  
THAT MIGHT MAKE  
YOU FEEL ANGRY?**

... **ANGER** ...

6



**WHY IS IT  
IMPORTANT TO TALK  
TO A PARENT OR  
GUARDIAN ABOUT  
YOUR ANGER?**

... **ANGER** ...

7



**HOW CAN  
ANGER HURT  
OTHER PEOPLE'S  
FEELINGS?**

... **ANGER** ...

8



**HOW DOES  
ANGER AFFECT  
THE WAY YOU  
TREAT OTHERS?**

... **ANGER** ...



1



**WHAT ARE  
SOME WAYS TO  
START THE DAY  
IN A CALM  
WAY?**

... **ANGER** ...

2



**WHY IS IT  
IMPORTANT TO  
FORGIVE SOMEONE  
WHO MADE YOU  
ANGRY?**

... **ANGER** ...

3



**HOW DOES  
ANGER AFFECT  
TEAMWORK?**

... **ANGER** ...

4



**HAVE YOU  
EVER SEEN TWO  
PEOPLE ARGUE?  
HOW DID IT  
MAKE YOU FEEL?**

... **ANGER** ...

5



**WHAT CAN YOU  
DO IF YOU'RE  
ANGRY AT  
SOMEONE BUT  
DON'T WANT TO  
HURT THEM?**

... **ANGER** ...

6



**WHAT SHOULD  
YOU DO IF YOU  
FEEL ANGRY IN  
CLASS?**

... **ANGER** ...

7



**WHAT SHOULD  
YOU DO IF  
ANOTHER  
STUDENT MAKES  
YOU ANGRY?**

... **ANGER** ...

8



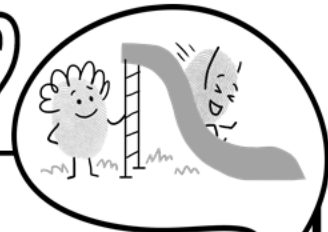
**WHAT ARE  
SOME POSITIVE  
WAYS TO  
MANAGE  
ANGER?**

... **ANGER** ...





9



HOW CAN  
RECESS OR  
PLAYTIME HELP  
WHEN YOU'RE  
ANGRY?

... ANGER ...

10



WHAT HAPPENS  
IF YOU SHOUT OR  
ACT OUT IN  
CLASS BECAUSE  
YOU'RE ANGRY?

... ANGER ...

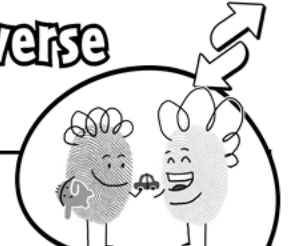
Draw Two



DOES IT MAKE  
YOU ANGRY TO  
HEAR SOMEONE  
TELL YOU NO?

... ANGER ...

Reverse



HOW CAN  
TAKING TURNS  
AND SHARING  
HELP PREVENT  
ANGER?

... ANGER ...

Skip



CAN SOCIAL  
MEDIA  
SOMETIMES  
CAUSE ANGER OR  
HURT FEELINGS?

... ANGER ...

Skip



WHAT SHOULD  
YOU DO IF YOU  
FEEL ANGRY ALL  
THE TIME?

... ANGER ...

Draw Two



WHAT SHOULD  
YOU DO IF YOU  
SEE TWO  
CLASSMATES  
ARGUING?

... ANGER ...

Reverse



HOW CAN  
WRITING DOWN  
YOUR ANGER  
HELP YOU FEEL  
BETTER?

... ANGER ...





**Wild**



HOW CAN  
THINKING ABOUT  
SOMEONE ELSE'S  
FEELINGS HELP  
YOU DEAL WITH  
ANGER?

... **ANGER** ...

**Wild**



HOW CAN YOU  
USE YOUR WORDS  
INSTEAD OF  
ACTIONS WHEN  
YOU ARE ANGRY?

... **ANGER** ...

**Draw Four**



DESCRIBE  
FOUR COPING  
SKILLS YOU SEE  
YOURSELF USING.

... **ANGER** ...

**Draw Four**



WHO ARE FOUR  
PEOPLE YOU CAN  
TALK TO WHEN  
ANGRY?

... **ANGER** ...

**Wild**



WHAT ARE  
SOME WAYS TO  
COMPROMISE  
WHEN YOU FEEL  
ANGRY?

... **ANGER** ...

**Wild**



WHAT DOES  
IT MEAN TO  
"WALK AWAY"  
FROM ANGER?

... **ANGER** ...

**Draw Four**



WHAT ARE FOUR  
THINGS YOU CAN  
SAY TO YOURSELF  
WHEN ANGRY?

... **ANGER** ...

**Draw Four**

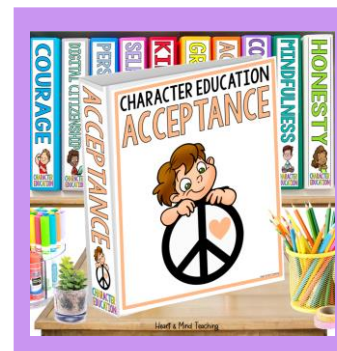
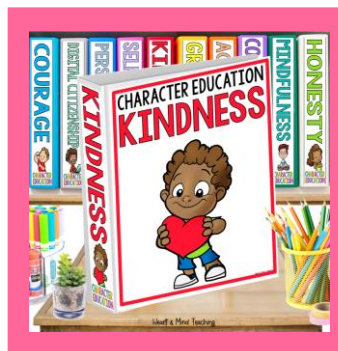
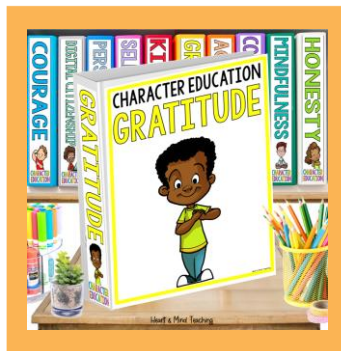
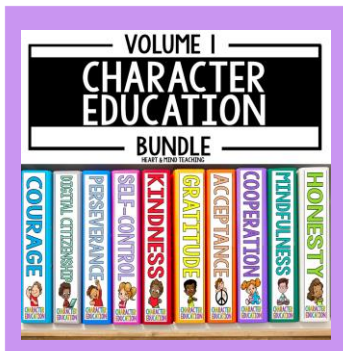
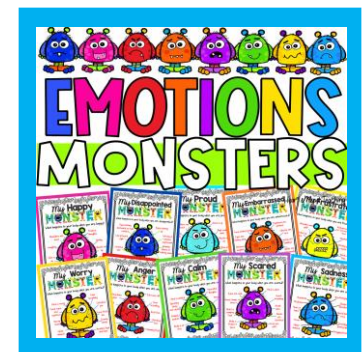
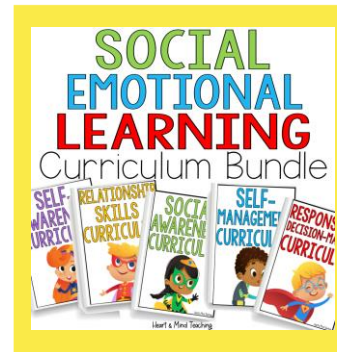
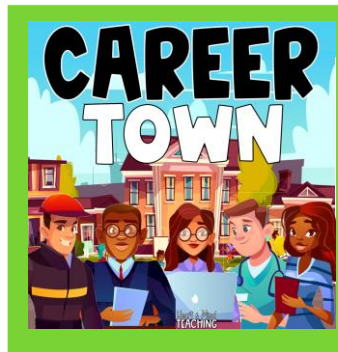
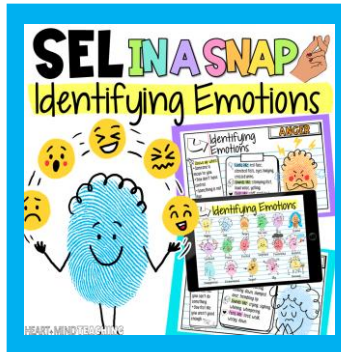
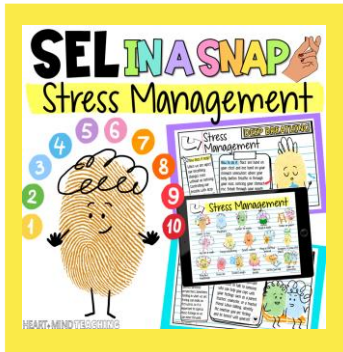


WHAT ARE FOUR  
THINGS YOU CAN  
DO TO FEEL LESS  
ANGRY?

... **ANGER** ...

# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



## COUNSELOR Collab

with Laura & Ashley

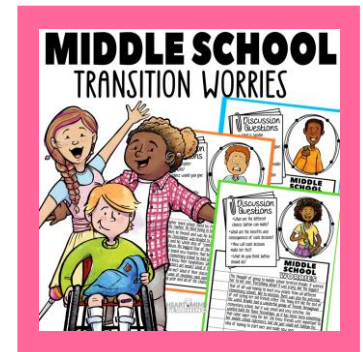


Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

**CLICK TO COLLAB**

### MEMBER Perks

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.







# THANK YOU

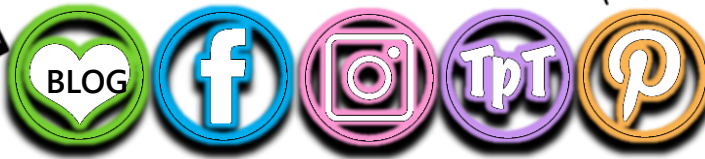
FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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Ashley

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## CREDITS

