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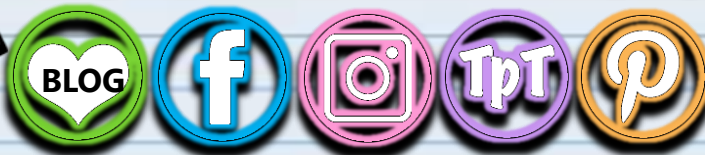
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If you have any questions or
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♥
Ashley

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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** ...

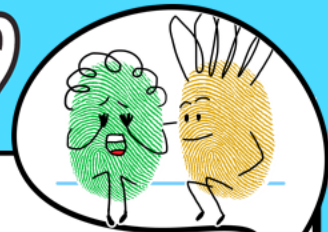
8



**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** ...

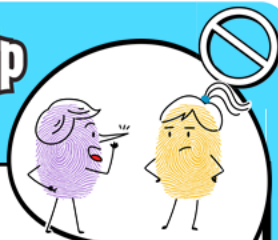
Reverse



WHAT ARE SOME
THINGS THAT
MAKE YOU FEEL
ANGRY?

... **ANGER** ...

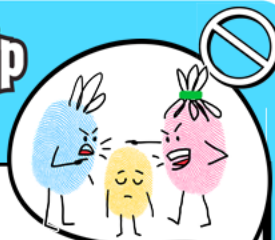
Skip



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** ...

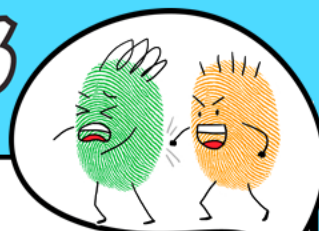
2



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?

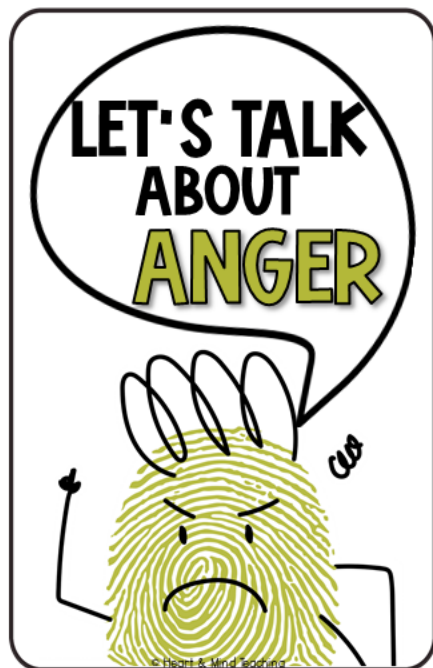
... **ANGER** ...

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** ...

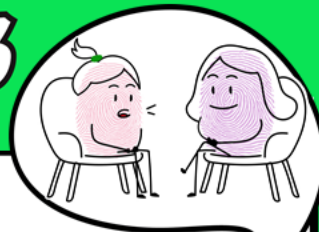
2



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** ...

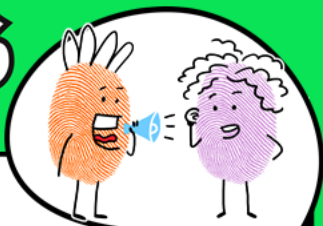
5



HOW CAN
TAKING DEEP
BREATHS HELP
WHEN YOU ARE
ANGRY?

... **ANGER** ...

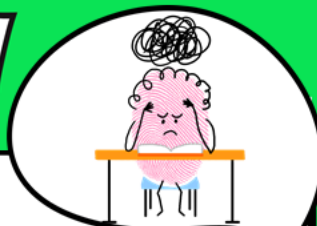
6



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** ...



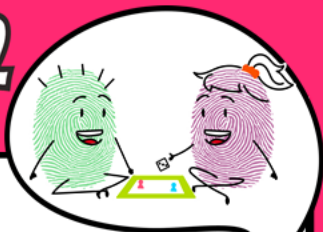
1



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** ...

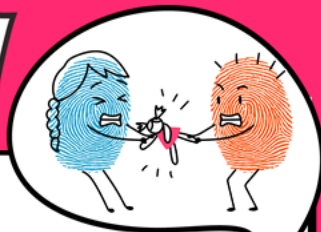
6



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** ...

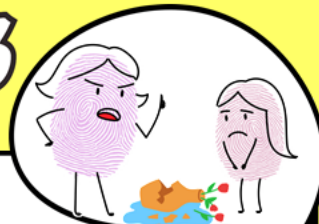
2



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** ...

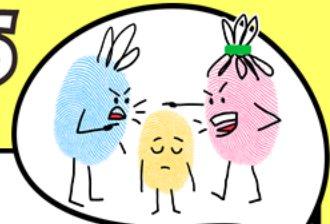
4



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

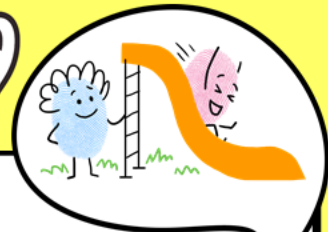


WHAT ARE
SOME POSITIVE
WAYS TO
MANAGE
ANGER?

... **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** ...

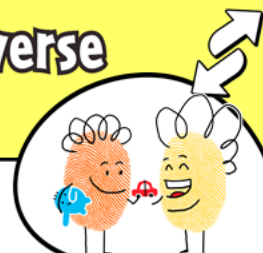
Draw Two



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

... **ANGER** ...

Reverse



HOW CAN
TAKING TURNS
AND SHARING
HELP PREVENT
ANGER?

... **ANGER** ...

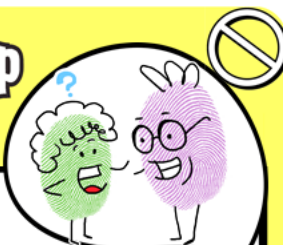
Skip



CAN SOCIAL
MEDIA
SOMETIMES
CAUSE ANGER OR
HURT FEELINGS?

... **ANGER** ...

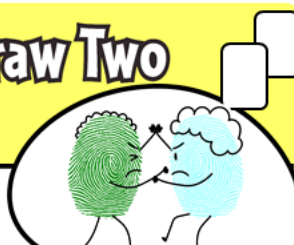
Skip



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

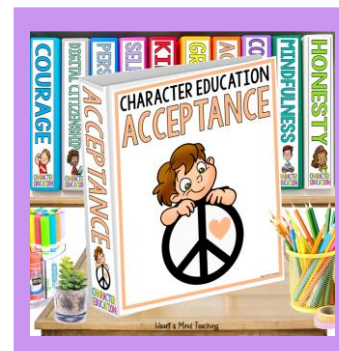
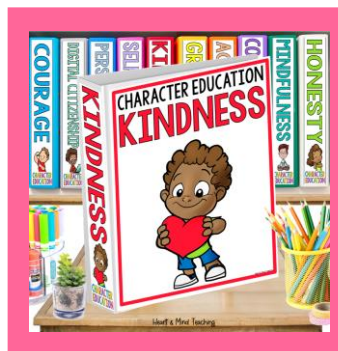
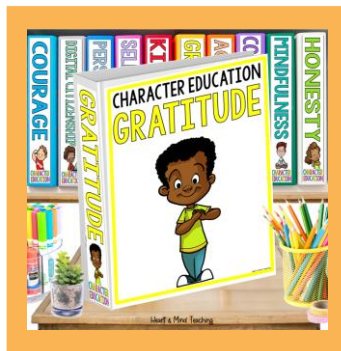
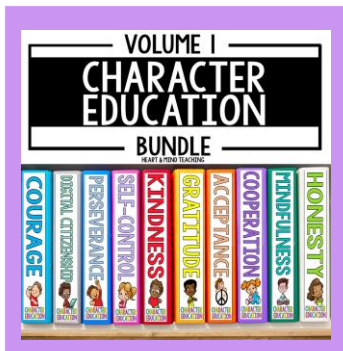
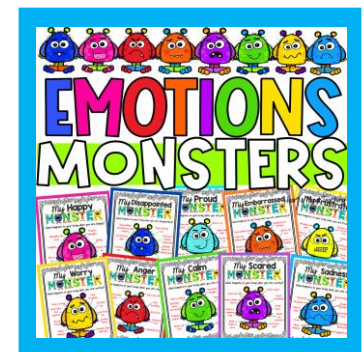
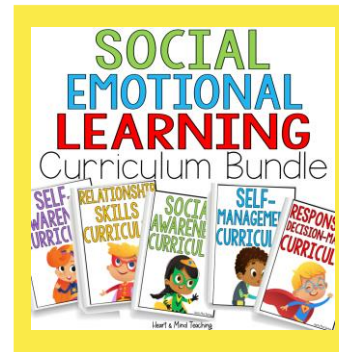
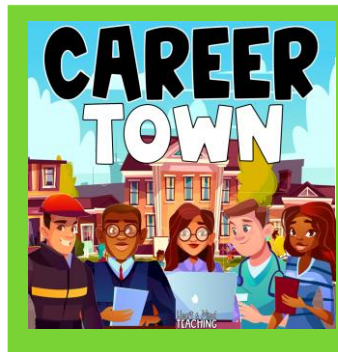
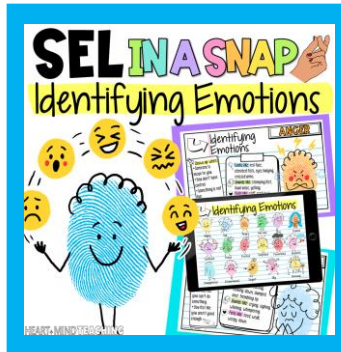
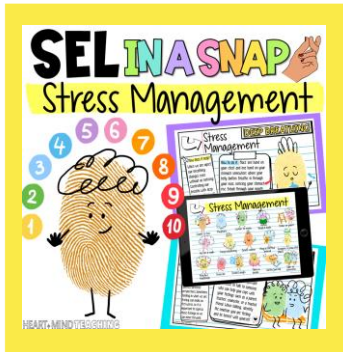


WHAT ARE FOUR
THINGS YOU CAN
DO TO FEEL LESS
ANGRY?

... **ANGER** ...

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



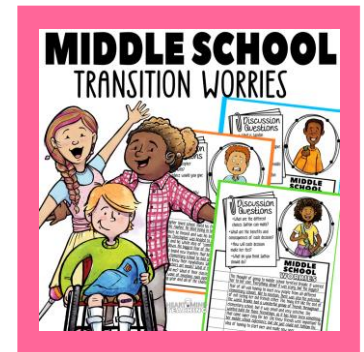
COUNSELOR Collab
with Laura & Ashley

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.

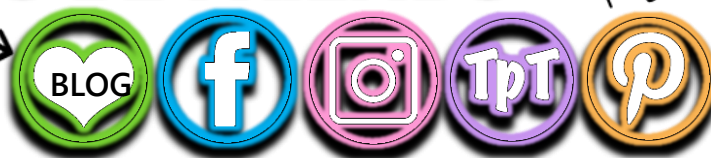
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heartandmindteaching@gmail.com

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