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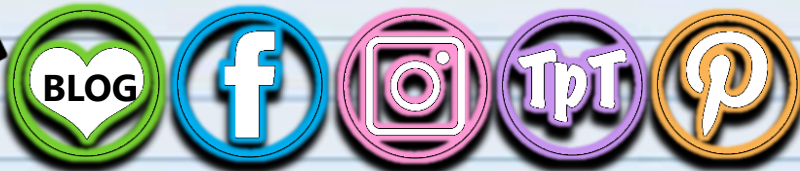
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♥
Ashley

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ANGER ESCAPE ROOM

Session Objective:

*Students will work collaboratively to solve challenges about anger triggers, signs, and healthy coping strategies.

Materials:

- *Handouts and cards (cut out in advance)
- *Manilla Folders (5)
- *Zip Lock Bags (7)
- *Tape/glue the handouts using the instructions on the next page.
- *Pencils
- *Pro tip: Laminate the handouts and cards for reuse.

Guiding Questions:

- *What are some examples of anger triggers?
- *What are some healthy coping strategies?

Instructions

- Assemble the five manilla folders creating "portals". Use the instructions on page 3 on how to do this.
- Hide the "portals" around the room.
- Create groups of about 4-5 students, and five total groups. Assign one student to be the record keeper, and give them a pencil and the "Clue word tracker" on page 31.
- Put the visual of page 4 on the board or displayed so all students can see it. Read what it says out loud.
- Explain to students that the portals are hidden around the room, they must work together to find them and solve the puzzle inside. Solving the puzzle will give you a clue word, make sure to write your clue words down on your clue word tracker so you can put the words together to get the key phrase to go back home and escape.
- IMPORTANT: Make sure if your portal has cards or pieces inside a zip lock bag that once you get your clue word, you put those pieces back in the zip lock bag the way they were. This will ensure the next group can properly complete that portal after you.
- Once you have found and solved all 5 portals, bring the clue word tracker to the instructor and tell them the key phrase. If you are correct, you escaped back home and get a certificate! Complete the follow up reflection activity (on p. 34)

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)
- *Behavior: Social Skills: Effective collaboration and cooperation skills. (B-SS 6)
- *Behavior: Leadership and teamwork skills to work effectively in diverse groups. (B-SS 7)

SEL Competencies:

- *Self-Management: stress management.
- *Responsible decision-making: solving problems, analyzing situations.
- *Self-Awareness: identifying emotions.

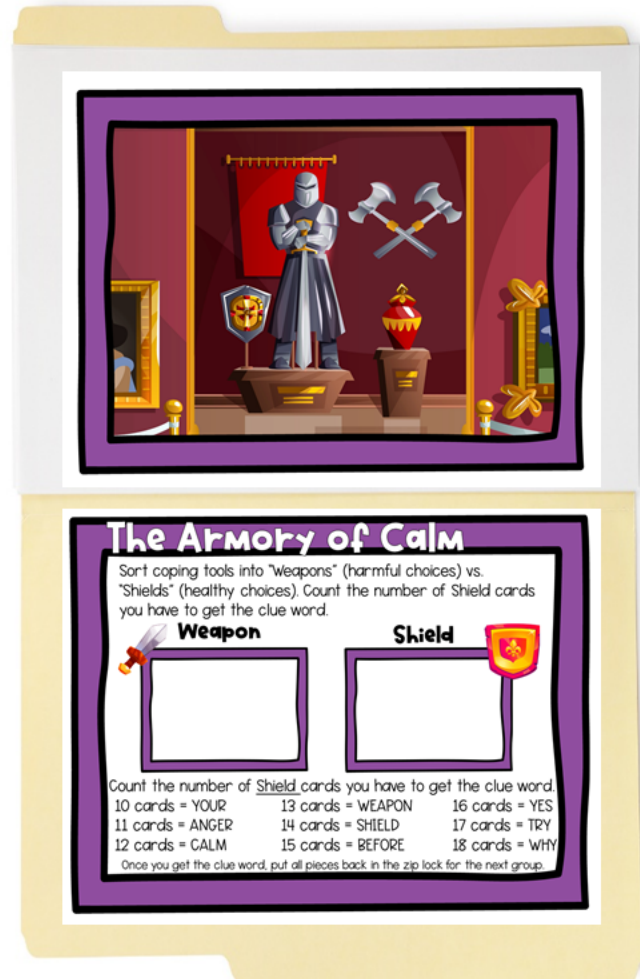
Assembly Instructions



The portal image goes on the outside of the folder.

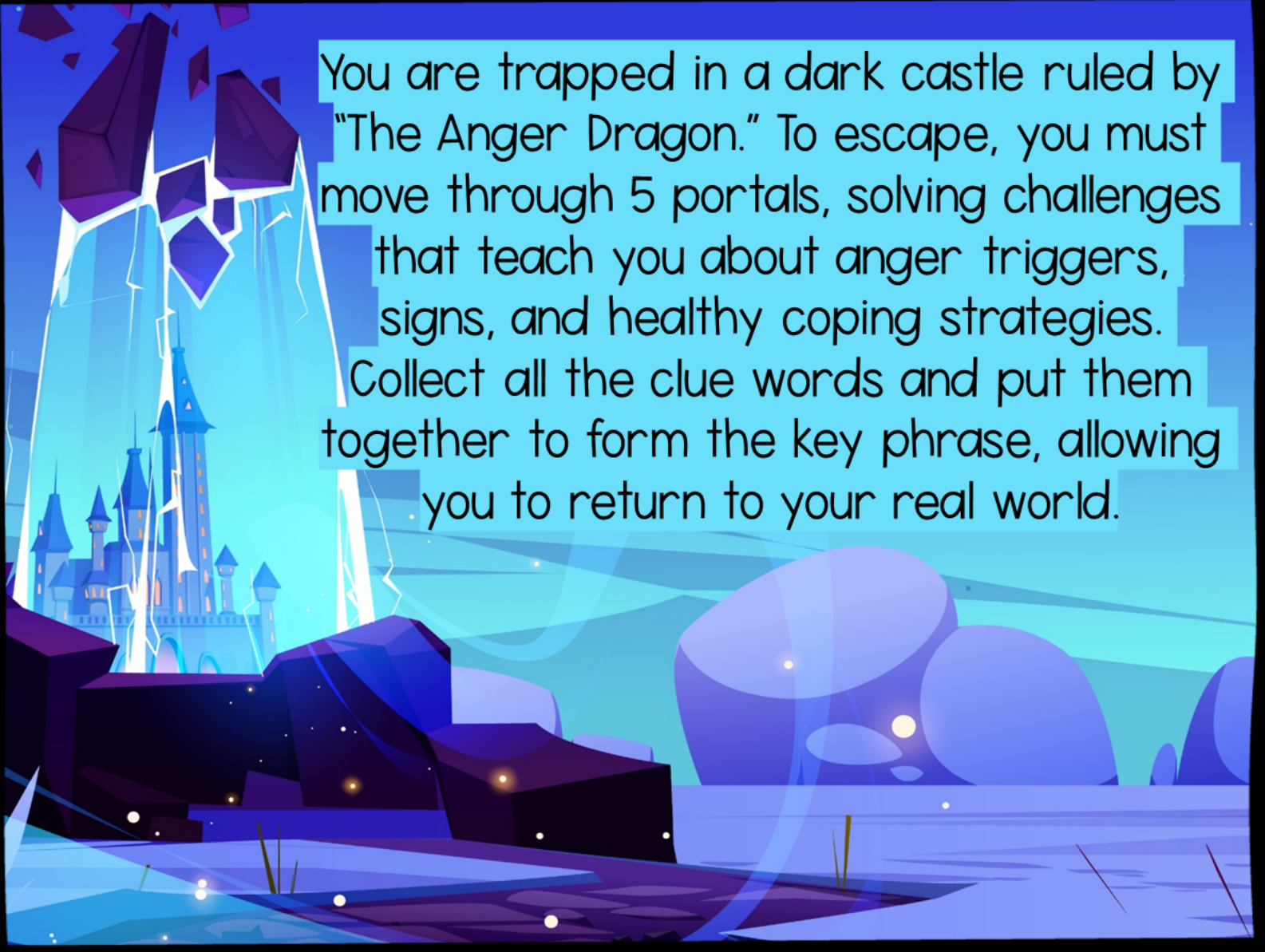


Place any game pieces in a zip lock bag and keep inside the folder.



The room visual goes on the top of the folder, the activity instructions go on the bottom.

ANGER ESCAPE ROOM



You are trapped in a dark castle ruled by "The Anger Dragon." To escape, you must move through 5 portals, solving challenges that teach you about anger triggers, signs, and healthy coping strategies. Collect all the clue words and put them together to form the key phrase, allowing you to return to your real world.

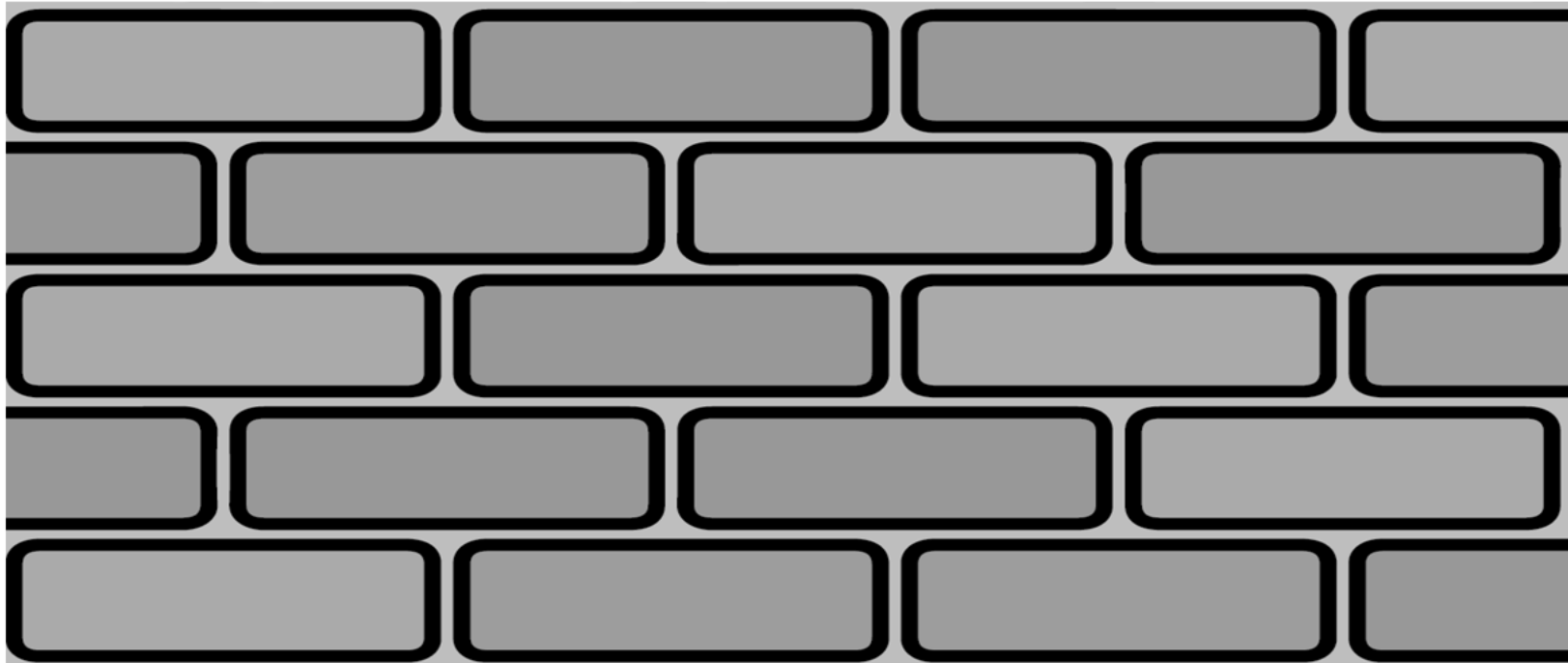
Orange Portal





The Wall of Triggers

Build the wall of triggers with things that would trigger an anger response. Place the stones with the triggers (from the zip lock bag) on top of the template below to build the wall. Do not include non-triggers on the wall. Show your instructor when the wall is complete to get the clue word. Once you get the clue word, put all pieces back in the zip lock for the next group.



Cut out and put into a zip lock bag.

Someone tells you a joke that makes you laugh.

Your friend spreads a rumor about you.

Your teacher gives you extra homework.

Someone tells you a joke that makes you laugh.

Students decide which are likely to trigger anger

A classmate teases you in front of others.

Someone takes your seat on the bus.

You studied hard, but you get a bad grade on a test..

A classmate cuts in line at lunch.

A friend doesn't return your text or call.

You feel left out of a game at recess.

Your friend shares your secret with others.

Your sibling takes your stuff without asking.

Someone tells you a joke that makes you laugh.

Someone tells you a joke that makes you laugh.

Someone tells you a joke that makes you laugh.

Someone tells you a joke that makes you laugh.

A parent tells you to clean your room when you're tired.

You lose in a video game.

You have to wait a long time in line.

Someone calls you a mean name.

Your best friend hangs out with someone else and ignores you.

Your sibling blames you for something you didn't do.

Someone bumps into you in the hallway.

Someone waves hello to you.

Someone says hi to you.

Someone invites you to their party.

Someone gives you a high-five.

Pink Portal



Hall of Treasures

In each bag are examples of physical and emotional/mental signs of anger. Put together each puzzle piece to form a letter. These letters will spell out your clue word.



Be careful not to include any pieces that are not signs of anger, and keep the pieces separated by color.

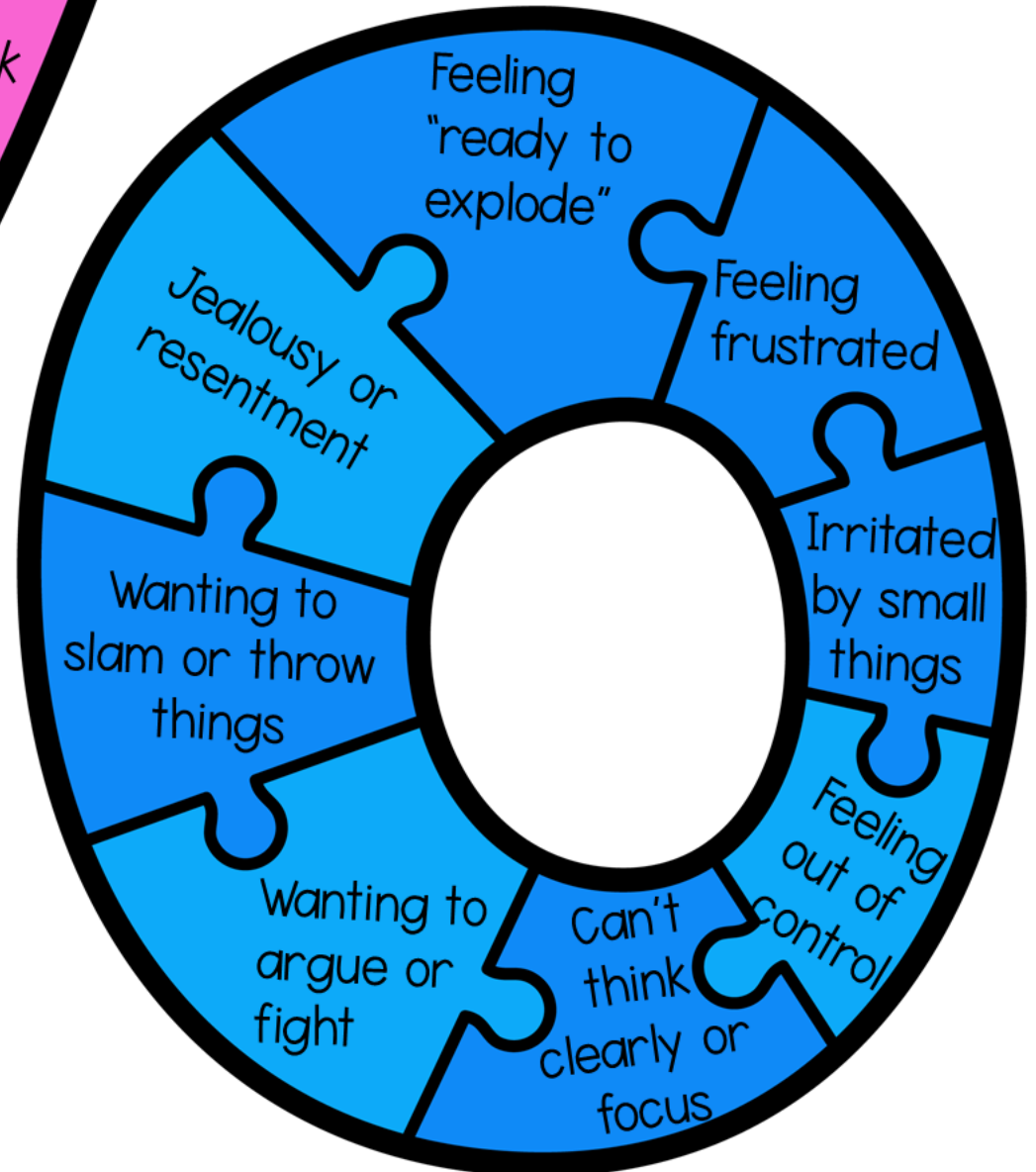
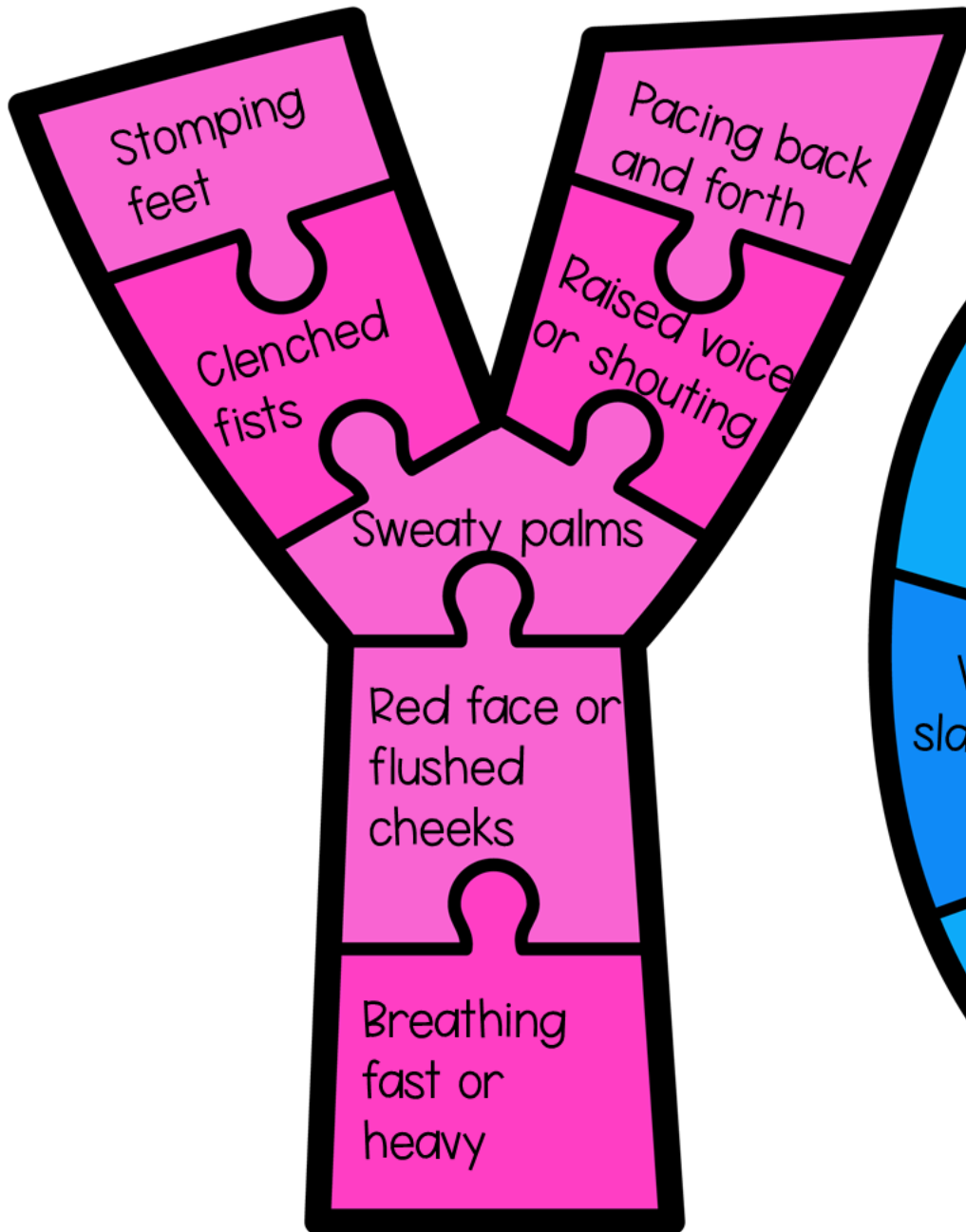


Once you get the clue word, put all pieces back in the zip locks (separated by color) for the next group.

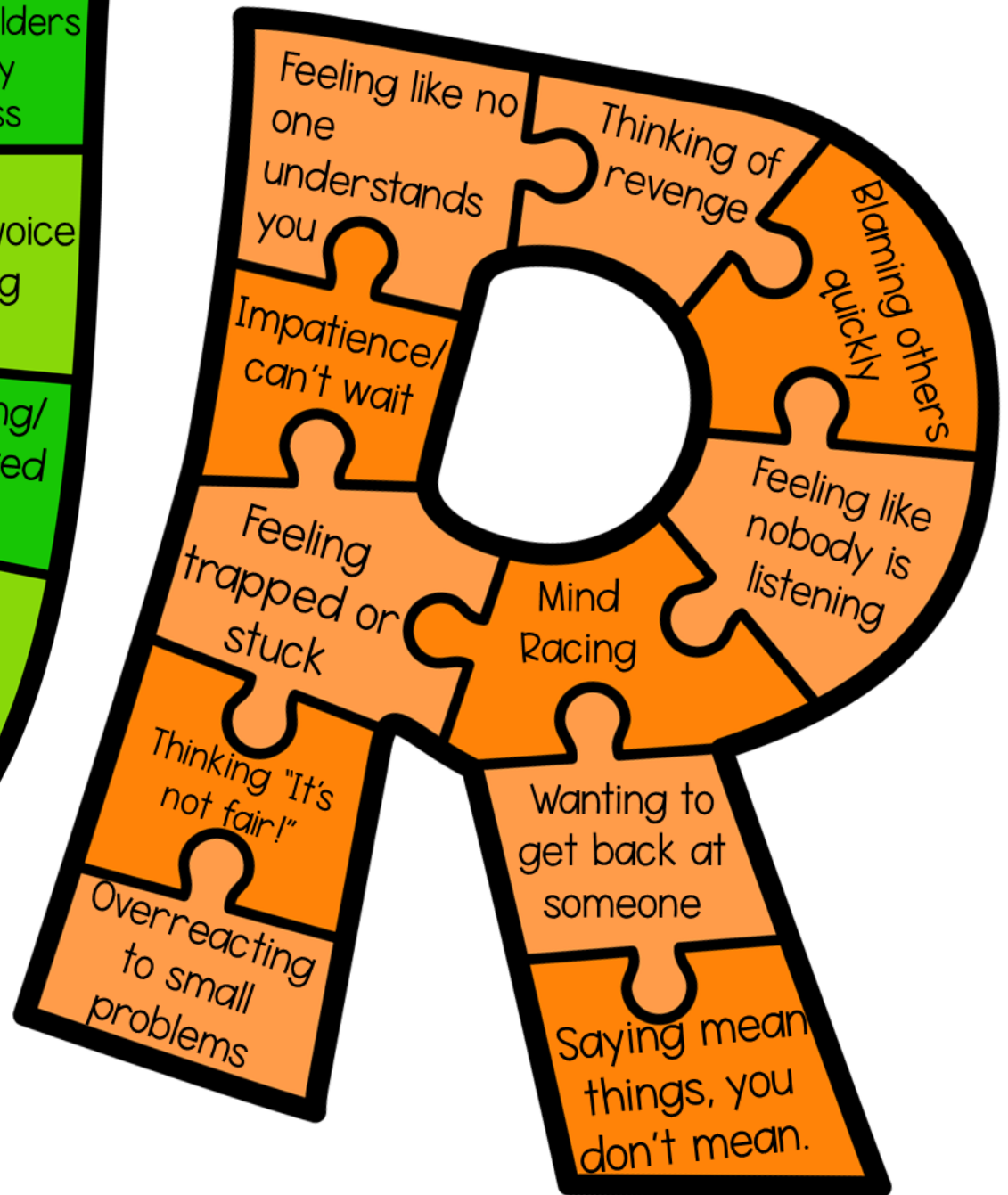
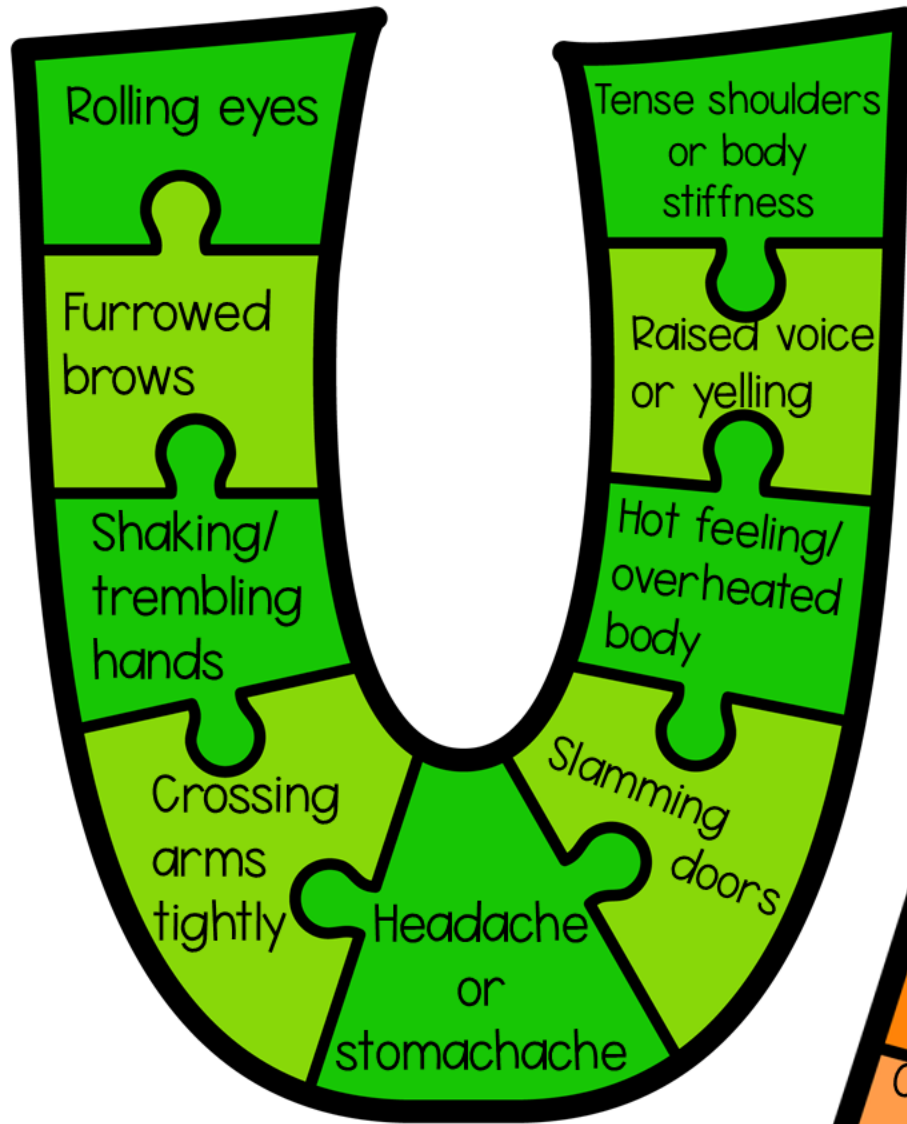




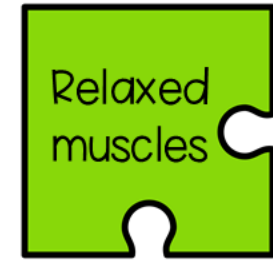
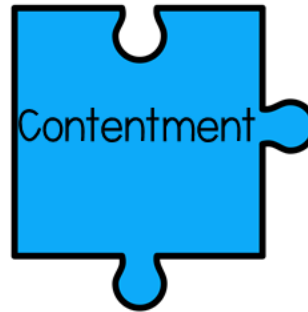
Cut out all puzzle pieces. Put each color into a different zip lock bag.



Cut out all puzzle pieces. Put each color into a different zip lock bag.



Cut out all puzzle pieces. Put each color into a different zip lock bag.



Blue Portal





The Throne of Feelings

Sort the synonyms/related feelings of Anger to the "Anger Throne" and the other emotions that are not linked to anger on the "Non-Anger Throne". Count the number of Anger Throne cards to get



- your clue word:
- 2 cards: SEE
 - 3 cards: YOU
 - 4 cards: BEFORE
 - 5 cards: ANGER
 - 6 cards: CALM
 - 7 cards: SAD
 - 8 cards: YES
 - 9 cards: GO

Once you get the clue word, put all pieces back in the zip lock for the next group.





Cut out and put into a zip lock bag.



Cut out and put into a zip lock bag.

Purple Portal



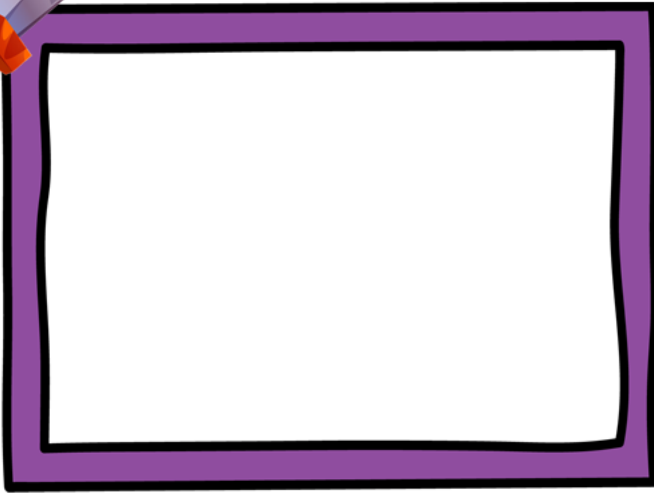


The Armory of Calm

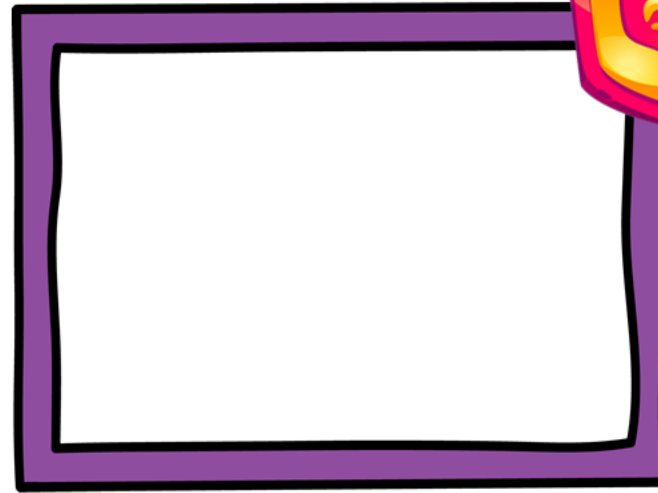
Sort coping tools into "Weapons" (harmful choices) vs. "Shields" (healthy choices). Count the number of Shield cards you have to get the clue word.



Weapon



Shield



Count the number of Shield cards you have to get the clue word.

10 cards = YOUR

13 cards = WEAPON

16 cards = YES

11 cards = ANGER

14 cards = SHIELD

17 cards = TRY

12 cards = CALM

15 cards = BEFORE

18 cards = WHY

Once you get the clue word, put all pieces back in the zip lock for the next group.

Cut out and put into a zip lock bag.

Talking
to a
friend.



Deep
Breathing



Walking
away to
cool off.



Yelling.



Journaling.



Giving the
silent
treatment.



Throwing
things.



Shoving or
pushing.



Counting to
ten.



Cut out and put into a zip lock bag.

Talking it
out
calmly.



Rolling
your
eyes.



Using mean
words or
insults.



Drawing or
creating
art.



Listening to
calming
music.



Talking
back.



Thinking before
you
speak.



Using
positive
self-talk.



Refusing to
listen.



Cut out and put into a zip lock bag.

Exercising.



Practicing
mindfulness
or
mediation.



Drinking
some
water.



Squeezing
a stress
ball.



Using humor
to lighten
the mood.



Seeking
revenge.



Gossiping or
spreading
rumors.



Making
rude
gestures.



Blaming
others.



Green Portal





The Dragon's Lair

You have entered the Dragon's Lair. Solve each conflict and collect letters to spell out three clue words.

1. You get a bad grade even though you studied hard.

- Rip up your paper. (Letter: K)
- Ask your teacher how you can improve. (Letter: I)
- Blame the teacher and refuse to try again. (Letter: S)

2. A classmate won't let you join their group project.

- Push your way in. (Letter: I)
- Talk to the teacher calmly about wanting to participate. (Letter: T)
- Call them names and walk away angry. (Letter: K)

3. Someone takes your seat in class.

- Politely ask them to move or find another seat calmly. (Letter: C)
- Demand they move and yell at them. (Letter: O)
- Sit down angrily and stay mad all period. (Letter: T)

4. Your best friend shares a secret you told them.

- Spread a secret about them too. (Letter: Y)
- Stop talking to them without explaining why. (Letter: L)
- Explain how you feel and why it hurt you. (Letter: O)



The Dragon's Lair

5. Your friend chooses another teammate over you in a game.

-Refuse to play at all. (Letter: A)

-Get mad and say you'll never play with them again. (Letter: O)

-Join another team and show good sportsmanship. (Letter: N)

6. A friend teases you in front of others.

-Tease them back even worse. (Letter: G)

-Tell them calmly you don't like it and ask them to stop. (Letter: T)

-Yell at them and walk away. (Letter: U)

7. A parent tells you to stop playing your game and do chores.

-Yell "That's not fair!" (Letter: E)

-Pretend you didn't hear them. (Letter: U)

-Pause the game and do chores. (Letter: R)

8. You lose a video game to your friend.

-Say "Good game, let's play again." (Letter: O)

-Throw the controller. (Letter: U)

-Accuse them of cheating. (Letter: D)



The Dragon's Lair

9. Two friends are arguing and ask you to take sides.

- Suggest they talk it out instead of fighting. (Letter: L)
- Pick a side to make one happy. (Letter: Q)
- Ignore both of them. (Letter: U)

10. Someone bumps into you in the hallway and doesn't say sorry.

- Shove them back. (Letter: U)
- Shrug it off and keep walking. (Letter: S)
- Mutter something mean under your breath. (Letter: F)

11. Your sibling breaks something important of yours.

- Break one of their things to get even. (Letter: R)
- Tell an adult and ask for help solving it. (Letter: Y)
- Refuse to talk to your sibling for days. (Letter: A)

12. Someone accidentally spills water on your book.

- Call them clumsy and yell. (Letter: S)
- Push them away. (Letter: U)
- Take a breath, clean it up, and let it go. (Letter: O)

13. You lose a game and feel embarrassed.

- Throw your helmet and stomp away. (Letter: S)
- Blame the horse and shout at the crowd. (Letter: Y)
- Congratulate the winner and practice for next time. (Letter: U)



Clue Word Tracker

Assign one group member to keep track of the clue words, writing them here.

Group Member Names:



Empty rectangular box with an orange border for writing.



Empty rectangular box with a pink border for writing.



Empty rectangular box with a blue border for writing.



Empty rectangular box with a purple border for writing.



Empty rectangular box with a green border for writing.

Answer key

Orange Portal: CONTROL

Pink Portal: YOUR

Blue Portal: ANGER

Purple Portal: BEFORE

Green Portal: IT CONTROLS YOU

Orange Portal: Students should only put the gray stones on the wall that have anger triggers. If they do this correct, tell them the clue word (CONTROL).

Pink Portal: Pink puzzle pieces form Y, Blue puzzle pieces form O, Green puzzle pieces form U, Orange puzzle pieces form R.

Blue Portal: 5 similar anger feelings (irritated, annoyed, upset, frustrated, furious)

Purple Portal: 15 cards.

Green Portal: The correct answers spell out IT CONTROLS YOU.

Group Tracker

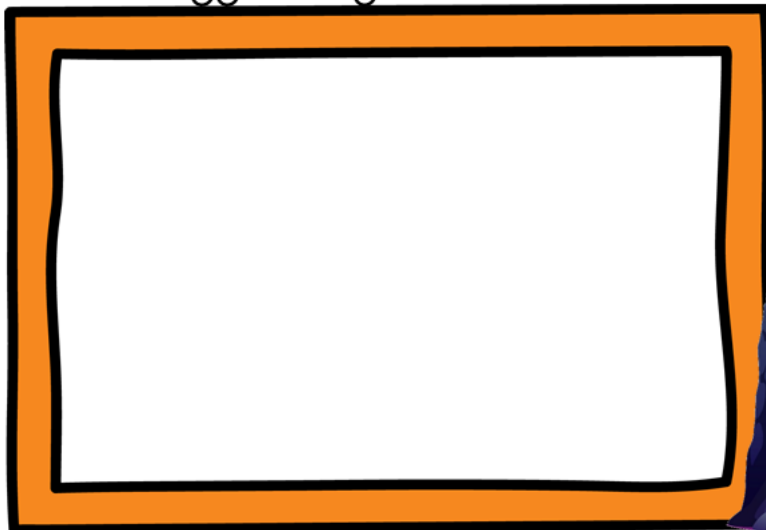
Use this chart to keep track of which groups have completed each portal.

GROUP	Orange Portal	Pink Portal	Blue Portal	Purple Portal	Green Portal
1					
2					
3					
4					
5					

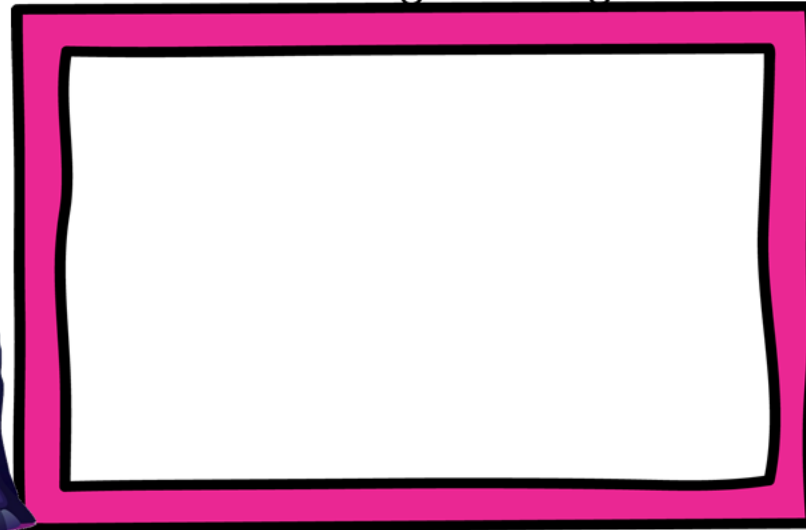
Notes / Students to follow up with:

Reflection

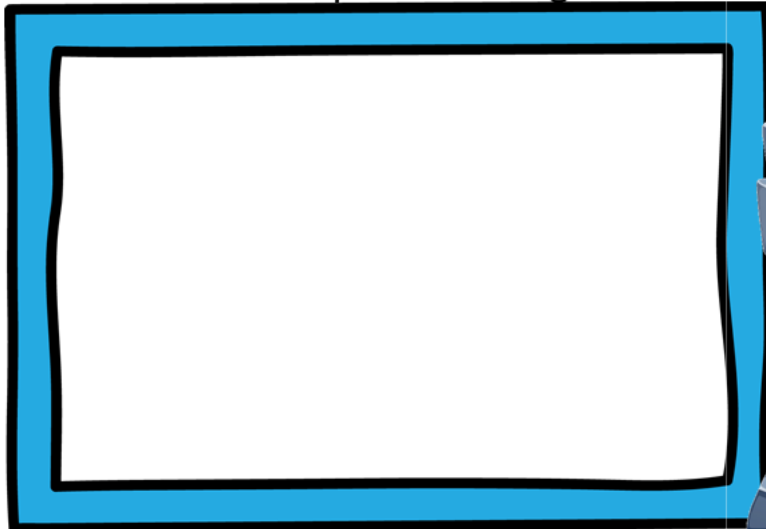
These are some behaviors that often trigger anger:



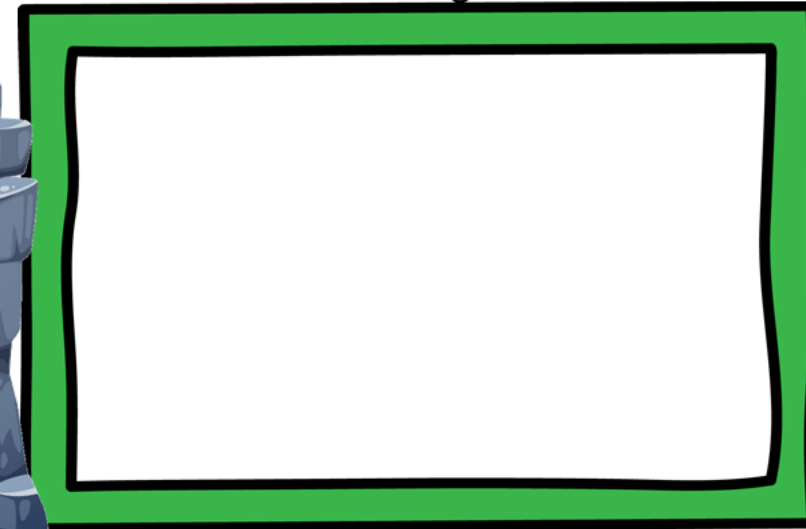
These are some physical and emotional/mental signs of anger:



These are some healthy choices I can make to cope with anger:



What are some related feelings that are similar to anger:



THIS CERTIFIES THAT

_____ has bravely defeated the

ANGER DRAGON

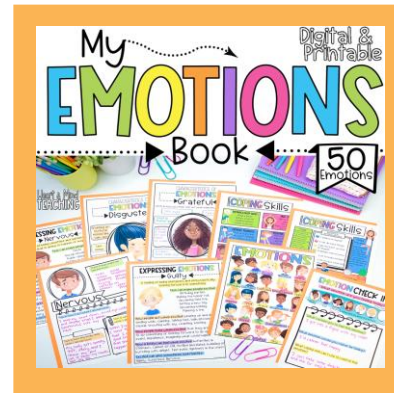
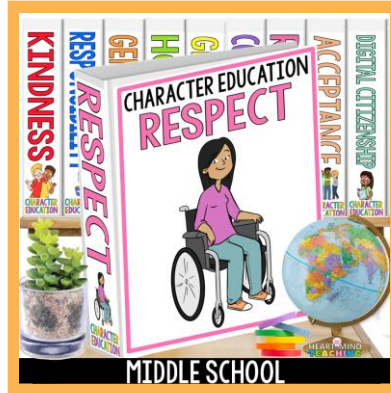
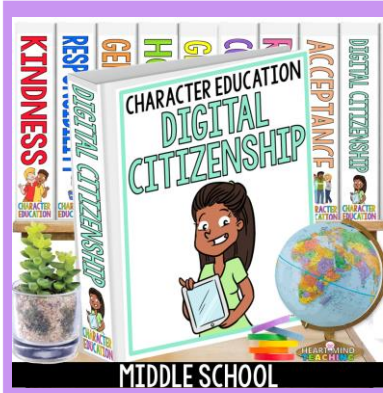
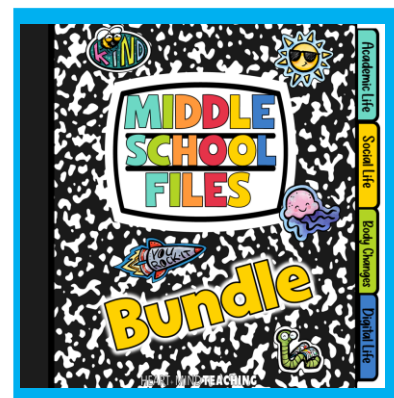
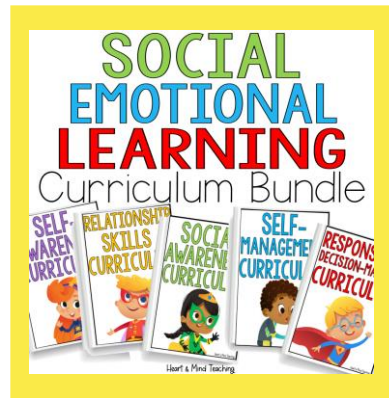
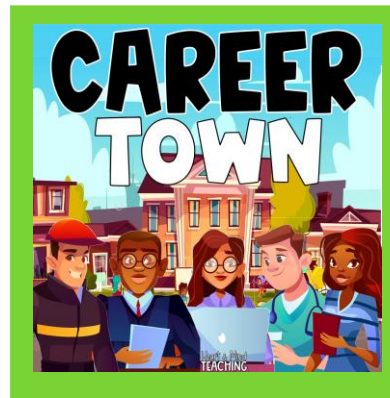
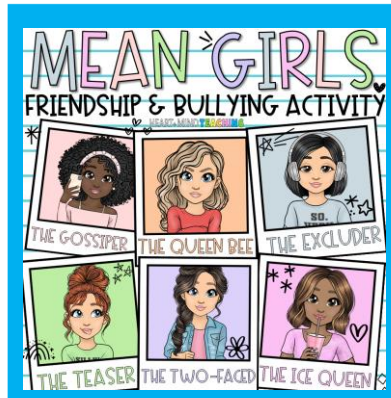
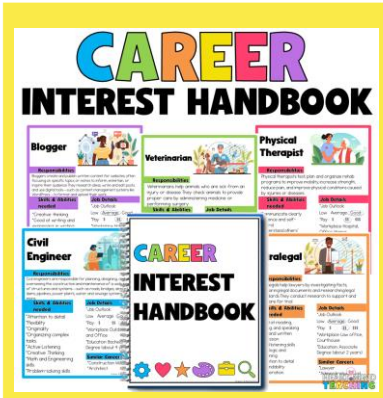


_____ Date

_____ Signature

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.

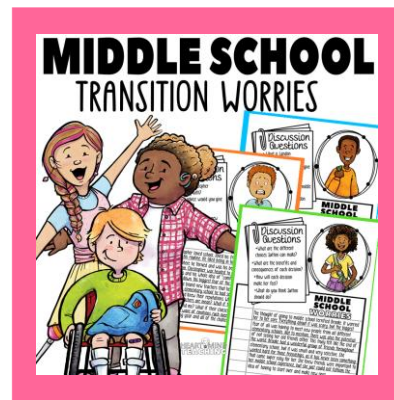


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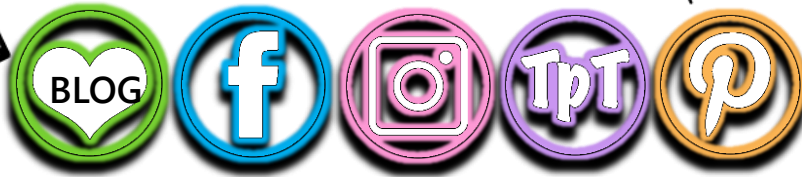
Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.



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