


MUSIC city COUNSELOR

THANK YOU FOR YOUR PURCHASE!



 *laura sathout*

Please contact me any time at laura@musiccitycounselor.com if you have questions, suggestions, or requests for resources! I am here for you!

LET'S CONNECT!



 **WEBSITE:** www.musiccitycounselor.com

 **MEMBERSHIP:** www.counselorcollab.com

DIRECTIONS:

This folded craft activity teaches students all about anger. It's a great resource to use in lessons, with individual students, and with small groups of kids that need support with coping with BIG feelings.

I included both a blank inside page and an inside page full of text. You may choose to have students create the resource with the text written in OR you may prefer to have students write in the text themselves as you teach it and/or in their own words.

MATERIALS NEEDED:

- Printed materials
- Glue sticks
- Scissors
- Pencils
- Crayons or markers

TO MAKE THE FOLDED ACTIVITY:

1. Please see the sample on the next page!
2. Please print the front labels page and the inside page of your choice (with or without text).
3. Please color the front labels with markers or crayons.
4. Please cut out each of the front labels individually.
5. On the inside page, please cut along the dotted lines so you have 6 attached strips.
6. Please fold each of the 6 strips that you just cut in towards the "Coping with Anger" title.
7. Please glue each of the front labels onto the front of the strips. Please make sure they're glued in the correct order, so the outside labels match the inside labels and descriptions.

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help! 😊

PS Please take a moment to leave a review on this resource on my TpT store!

SAMPLE



What is ANGER?

What does ANGER LOOK LIKE?

What does ANGER FEEL LIKE?

What are ANGER TRIGGERS?

How to cope: DEEP BREATHING

How to cope: PRACTICE GROUN...

What does ANGER LOOK LIKE?

What does ANGER FEEL LIKE?

What are ANGER TRIGGERS?

How to cope: PRACTICE GROUN...

Coping with ANGER

How to cope:
DEEP BREATHING

Take a deep breath in through your nose. Count to 5. Then, breathe out slowly through your mouth. Keep breathing and counting until your body and brain feel calm.

How to cope:
PRACTICE GROUN...



FRONT LABELS

What is
ANGER?



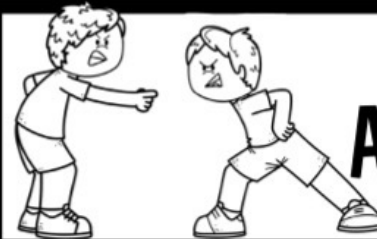
What does
ANGER LOOK LIKE?



What does
ANGER FEEL LIKE?



What are
ANGER TRIGGERS?



How to cope:
DEEP BREATHING



How to cope:
PRACTICE GROUNDING



What is **ANGER?**

A BIG, strong feeling when something doesn't go our way or something isn't fair. It's okay to feel angry sometimes – we all do! It's what we do with our feelings that matters.

What does **ANGER LOOK LIKE?**

Anger looks like: furrowed eyebrows; quick, short breaths; rosy cheeks; clenched teeth; racing heart; clammy hands; sweaty body; tight fists; and stomping feet.

What does **ANGER FEEL LIKE?**

We all experience our feelings differently. But, anger may feel like a fire burning inside of us, a big storm brewing, a fizzy soda can about to explode, or a volcano about to erupt.

What are **ANGER TRIGGERS?**

Things that happen that make us feel angry. We all have different anger triggers. Examples are someone breaking our toy, saying something mean, or not letting us play.

How to cope: **DEEP BREATHING**

Take a deep breath in through your nose. Count to 5. Then, breathe out slowly through your mouth. Keep breathing and counting until your body and brain feel calm.

How to cope: **PRACTICE GROUNDING**

Be present in the "here and now." Focus on your 5 senses. Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

Coping with **ANGER**

What is
ANGER?

What does
ANGER LOOK LIKE?

What does
ANGER FEEL LIKE?

What are
ANGER TRIGGERS?

How to cope:
DEEP BREATHING

How to cope:
PRACTICE GROUNDING

Coping with **ANGER**

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