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DIRECTIONS:

Cut & Paste Activity:

This activity can be used in many different ways and with individual students, small groups, or whole groups. It helps students identify their anger triggers and discover the most helpful calm down strategies to cope with their feelings. It can be used proactively while a student feels calm, then pulled out as a reference sheet or interactive activity once a student is escalated.

Materials Needed:

- Printed "I feel angry because" and "To calm down I can" pages
- Printed anger triggers and calm down cards
- Scissors
- A glue stick or hook and loop fastener dots
- Markers/crayons if using the black/white version or to create your own cards

Please start by cutting out the anger triggers and calm down strategy cards.

Blank cards are included in case you would like to create your own. I like to review all of the common anger triggers with students and sort them into 3 piles: "bothers me a lot," "bothers me a little," and "doesn't bother me." Then, students choose the 6 anger triggers that bother them the most and use either a glue stick or hook and loop fastener dot to attach them to the blank red squares on the "I feel angry because..." page. Next, please review and practice all of the calm down strategy cards with students. Students can then sort them into 3 piles: "helps me a lot," "helps me a little," and "doesn't help me." Next, they can choose the 6 strategies that are the most helpful and they most want to practice and attach them to the "To calm down I can..." page with either hook and loop fastener dots or a glue stick. Teachers and parents find these visuals to be SO helpful to better understand the child's needs. By identifying our anger triggers and practicing helpful calm down strategies, hopefully we can prevent future melt-downs and/or know how to predict and handle them better in the future!

DIRECTIONS:

**"I feel ANGRY because...
To CALM DOWN I can..."**

Reference Sheet

There are 4 versions of this page – one for girls and one for boys, and a black/white and full color version of each. Please print the pages that best fit your needs! If you would like to reuse this activity over and over again, I recommend laminating the page and using hook and loop fastener dots to attach the cards to the page. Keeping it on a clipboard for students to easily carry it around/reference it is helpful, too! If this is a one-time exercise, students can use a glue stick to attach the cards to the page. To use the activity, students choose 1-2 anger triggers that are bothering them and place them on the "I feel angry because" part of the board. Then, they choose 1-2 calm down strategies to try and place them on the "To calm down I can" part of the board. Next, they can try the calm down strategies they chose. Finally, they can assess whether they are calm and ready to return to the group (thumbs up) OR if they need more time/to try a different calm down strategy before returning to the group (thumbs down). If they need more time, they can place another 1-2 calm down strategy cards on the "To calm down I can" section and try those. They can repeat this until they are calm and ready to return to the group.

SAMPLE:

Do something I enjoy.

Listen to music.

Push on a wall.

To CALM DOWN I can...

Take deep breaths.

Go on a walk.

Run an errand for my teacher.

Talk out my feelings.

Use positive self-talk.

Get a drink of water.

Count to 10.

Use a sensory bottle.

Squeeze a stress ball.

I can't be first.

I got in trouble.

I made a mistake.

I feel **ANGRY** because

I don't understand.

The teacher didn't call on me.

Someone lied to me.

Someone got in my personal space.

Someone teased me.

I didn't get my way.

They left me out.

I lost.

They told me **NO!**

Listen to music.

Do something I enjoy.

Squeeze a stress ball.

I feel ANGRY because...

I got in trouble.

I can't be first.

To CALM DOWN I can...

Use a sensory bottle.

Push on a wall.

Am I calm?  

They left me out.

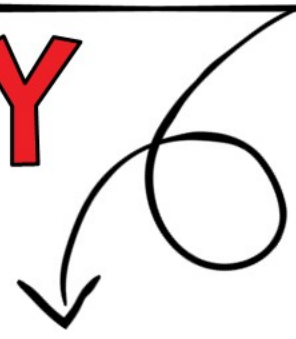
I lost.

They told me **NO!**

**Full
Color**



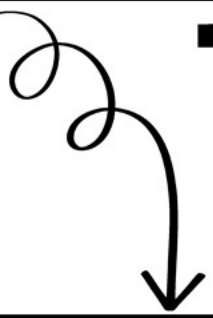
I feel **ANGRY**
because...



Two empty rectangular boxes with red borders, intended for writing reasons for feeling angry. Each box has three small dots in the top-left corner.

Two empty rectangular boxes with red borders, intended for writing reasons for feeling angry. Each box has three small dots in the top-left corner.

To **CALM DOWN**
I can...



Two empty rectangular boxes with blue borders, intended for writing ways to calm down. Each box has three small dots in the top-left corner.

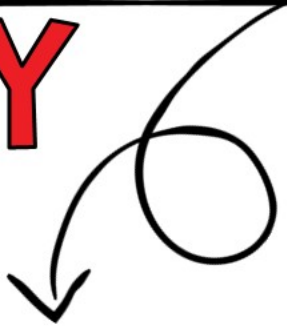
Two empty rectangular boxes with blue borders, intended for writing ways to calm down. Each box has three small dots in the top-left corner.

Am I calm?





I feel **ANGRY**
because...

A large, empty rectangular box with a thick red border. In the top-left corner, there are three small black dots, indicating a starting point for writing.A large, empty rectangular box with a thick red border. In the top-left corner, there are three small black dots, indicating a starting point for writing.

To **CALM DOWN**
I can...

A large, empty rectangular box with a thick blue border. In the top-left corner, there are three small black dots, indicating a starting point for writing.A large, empty rectangular box with a thick blue border. In the top-left corner, there are three small black dots, indicating a starting point for writing.

Am I calm?





I feel **ANGRY**
because...



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To CALM
DOWN I can....



Blank writing box with a thick blue border and a dotted line in the top-left corner.

Blank writing box with a thick blue border and a dotted line in the top-left corner.

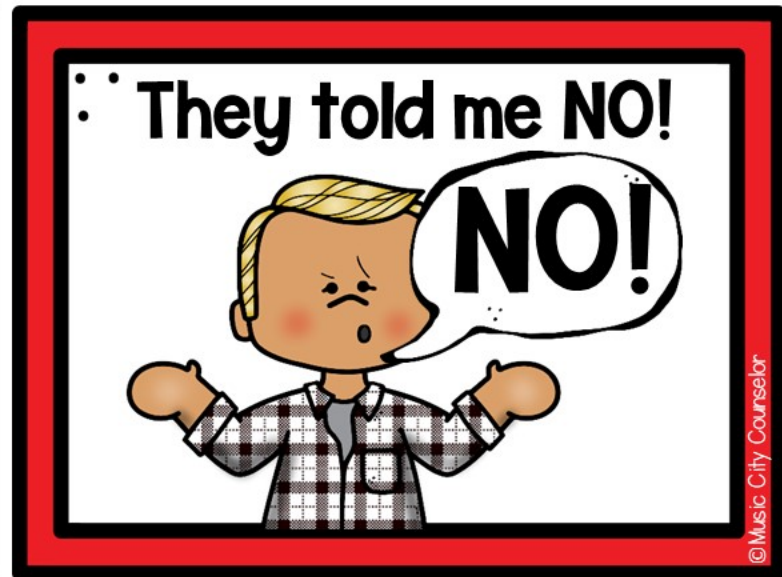
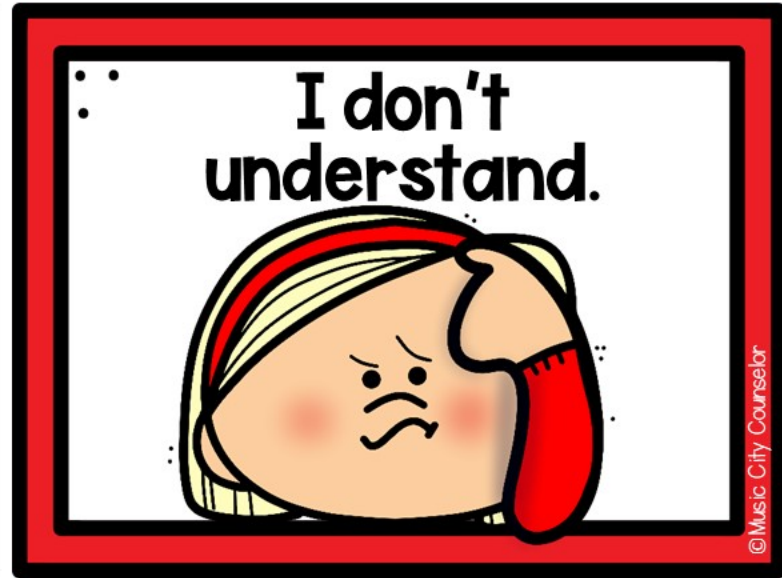
Blank writing box with a thick blue border and a dotted line in the top-left corner.

Blank writing box with a thick blue border and a dotted line in the top-left corner.

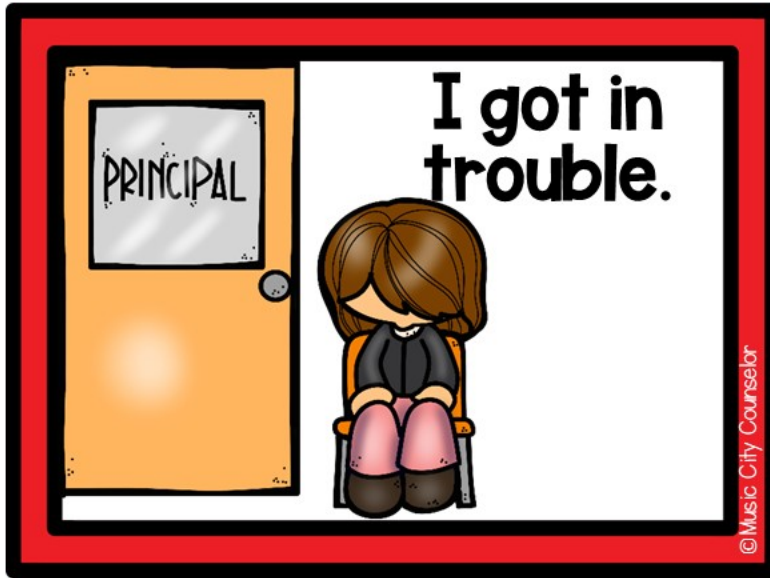
Blank writing box with a thick blue border and a dotted line in the top-left corner.

Blank writing box with a thick blue border and a dotted line in the top-left corner.

Please cut out these anger triggers!



Please cut out these anger triggers!



Please cut out these anger triggers!

Someone hurt me.



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Someone pushed me.



©Music City Counselor

Something is too hard.



©Music City Counselor

My space is messy.



©Music City Counselor

My sibling is acting out.



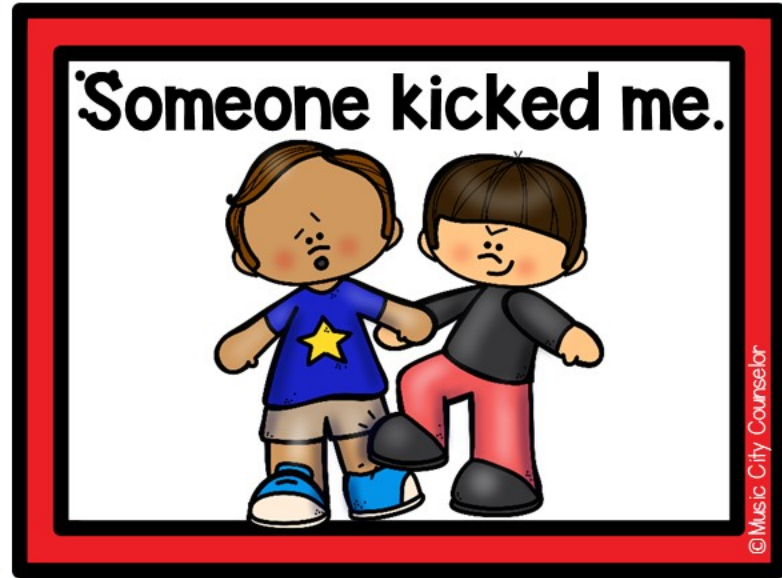
©Music City Counselor

Someone pinched me.



©Music City Counselor

Please cut out these anger triggers!



Create your own anger trigger cards!

A blank rectangular card with a thick red border and a black inner border. In the top-left corner, there are three small black dots arranged in a list icon. The rest of the card is empty for writing. A small copyright notice is visible in the bottom-right corner.

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A blank rectangular card with a thick red border and a black inner border. In the top-left corner, there are three small black dots arranged in a list icon. The rest of the card is empty for writing. A small copyright notice is visible in the bottom-right corner.

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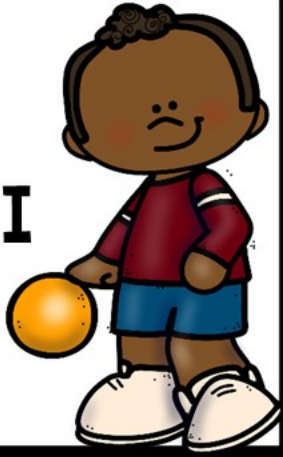
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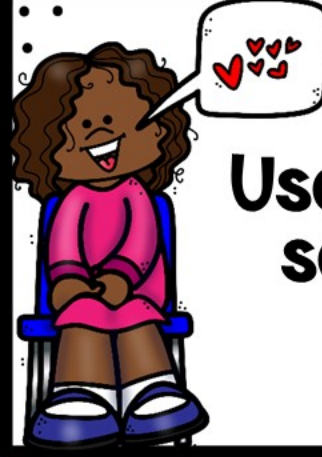
Please cut out these calm down strategies!

Do something I enjoy.



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Use positive self-talk.



©Music City Counselor

Take deep breaths.



©Music City Counselor

Go on a walk.



©Music City Counselor

Get a drink of water.



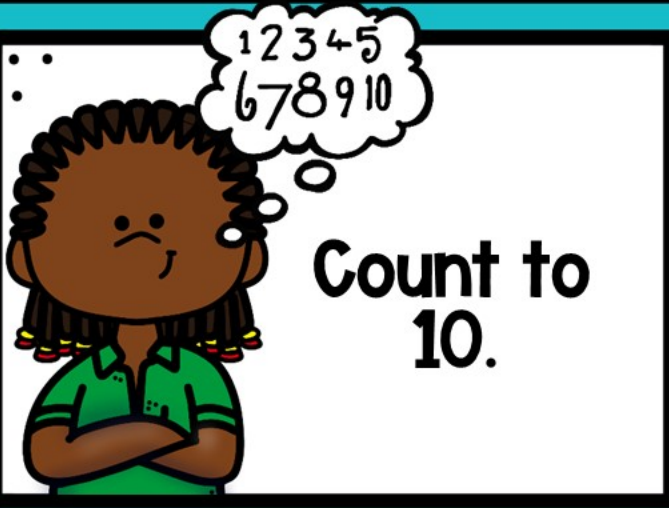
©Music City Counselor

Talk out my feelings.



©Music City Counselor

Please cut out these calm down strategies!



Count to 10.

12345
678910

© Music City Counselor

Detailed description: A cartoon illustration of a young girl with dark skin and braided hair, wearing a green shirt. She has a sad expression. A thought bubble above her head contains the numbers 1 through 10. The text 'Count to 10.' is written to the right of the girl. The entire scene is enclosed in a blue border.




Use a sensory bottle.

CALM

© Music City Counselor

Detailed description: A cartoon illustration of a blue plastic bottle with a white label that says 'CALM'. The bottle is filled with blue liquid and has small white bubbles inside. To the right of the bottle, the text 'Use a sensory bottle.' is written. The entire scene is enclosed in a blue border.



Squeeze a stress ball.

© Music City Counselor


Detailed description: A cartoon illustration of a young boy with dark skin and short hair, wearing a blue shirt. He is holding a purple stress ball in his right hand. The text 'Squeeze a stress ball.' is written to the left of the boy. The entire scene is enclosed in a blue border.



Listen to music.

© Music City Counselor

Detailed description: A cartoon illustration of a young girl with dark skin and her hair in a bun, wearing a blue shirt and headphones. She is sitting on a chair with her legs crossed. The text 'Listen to music.' is written to the right of the girl. The entire scene is enclosed in a blue border.



Push on a wall.

© Music City Counselor

Detailed description: A cartoon illustration of a young girl with blonde hair, wearing a green shirt with purple polka dots and blue shorts. She is standing next to a white wall and pushing against it with her hands. The text 'Push on a wall.' is written to the right of the girl. The entire scene is enclosed in a blue border.



Run an errand for my teacher.

© Music City Counselor

Detailed description: A cartoon illustration of a young boy with light skin and curly hair, wearing a blue shirt and blue pants. He is holding a white envelope in his left hand. The text 'Run an errand for my teacher.' is written to the left of the boy. The entire scene is enclosed in a blue border.

Please cut out these calm down strategies!



Think happy thoughts.

©Music City Counselor

A cartoon girl with orange hair and a yellow shirt is sitting with her hands clasped. Above her is a thought bubble containing two smiling faces. The text 'Think happy thoughts.' is written to the right of the girl.



Go to the Calm Corner.

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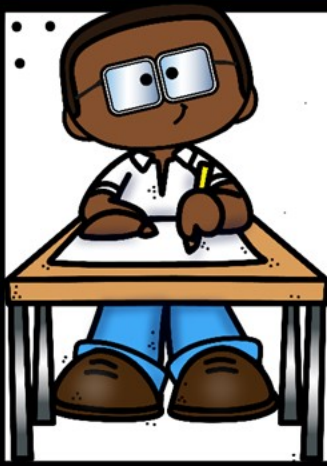
A cartoon girl with brown hair and a green headband is sitting on a red and blue ball. To her left is a pink and white striped mat. The text 'Go to the Calm Corner.' is written to the left of the girl.



Imagine a happy place.

©Music City Counselor


A cartoon boy with glasses and a yellow shirt is sitting in a green chair. To his right is a thought bubble containing a beach scene with a palm tree and a sunset. The text 'Imagine a happy place.' is written to the right of the boy.



Draw or write.

©Music City Counselor


A cartoon boy with glasses is sitting at a desk, holding a pencil and writing on a piece of paper. The text 'Draw or write.' is written to the right of the boy.



Practice yoga.

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A cartoon boy is sitting on the floor in a yoga position, with his hands resting on his knees. The text 'Practice yoga.' is written to the left of the boy.



Read a book.

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A cartoon girl with a purple headscarf is sitting on a chair and reading a red book. The text 'Read a book.' is written to the left of the girl.

Please cut out these calm down strategies, then create your own!

Exercise.



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Relax in a comfy spot.



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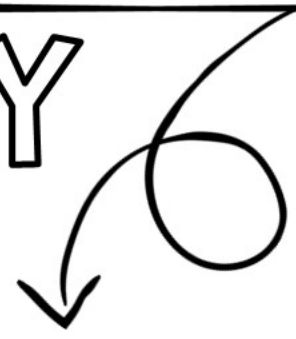
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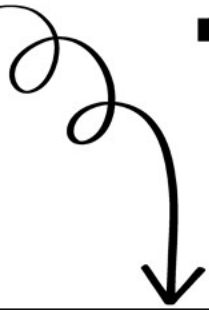


**I feel ANGRY
because...**



Empty box for writing reasons for feeling angry.

Empty box for writing reasons for feeling angry.



**To CALM DOWN
I can...**



Empty box for writing ways to calm down.

Empty box for writing ways to calm down.

Am I calm?



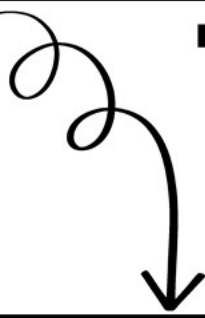


**I feel ANGRY
because...**



Empty box for writing reasons for feeling angry.

Empty box for writing reasons for feeling angry.



**To CALM DOWN
I can...**



Empty box for writing ways to calm down.

Empty box for writing ways to calm down.

Am I calm?





**I feel ANGRY
because...**



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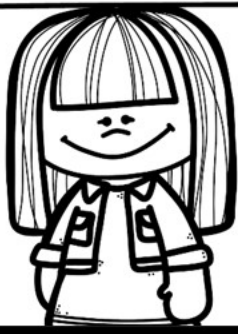
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To CALM
DOWN I can...



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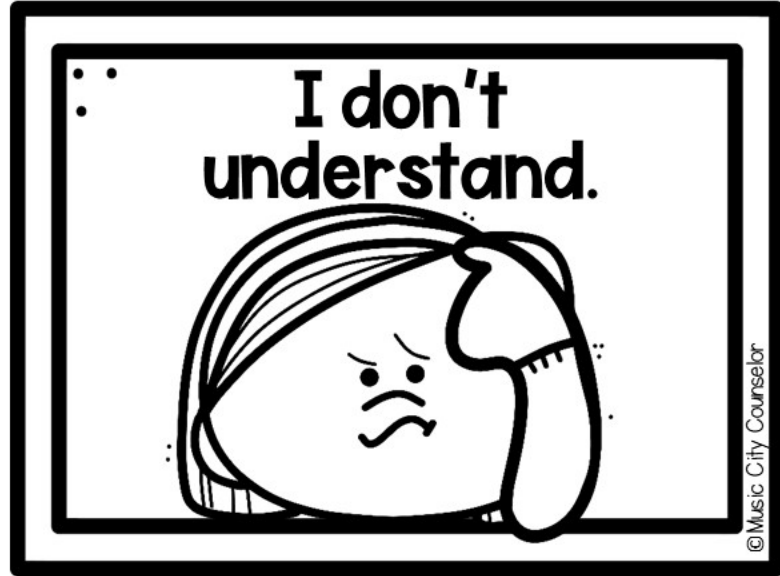
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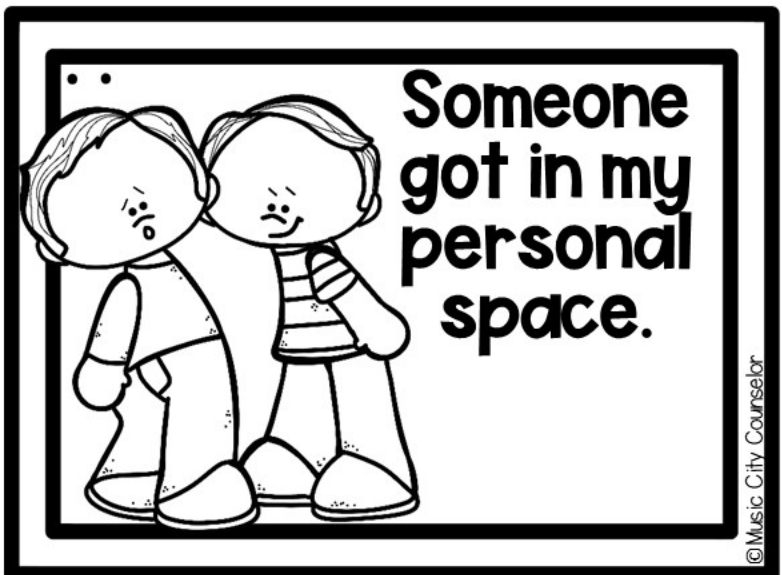
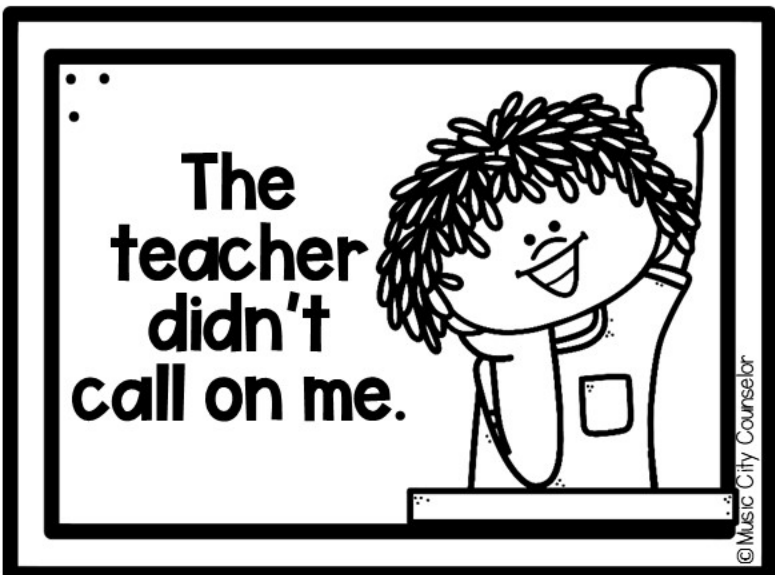
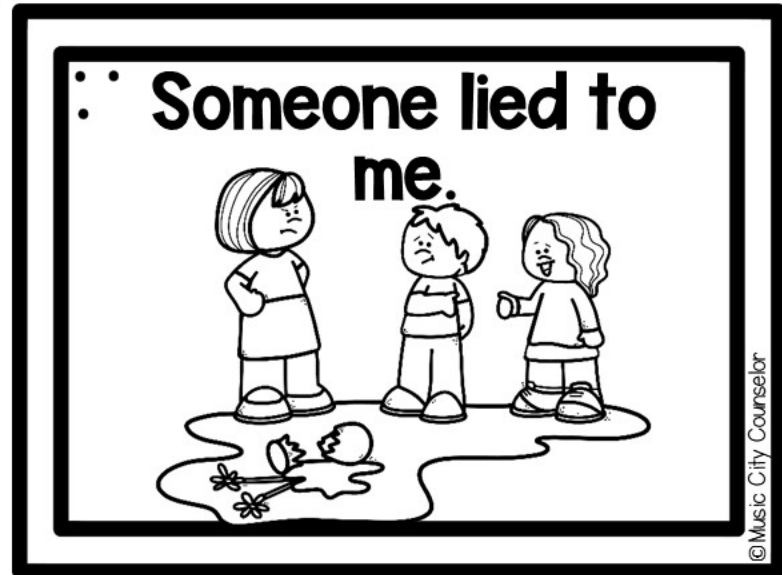
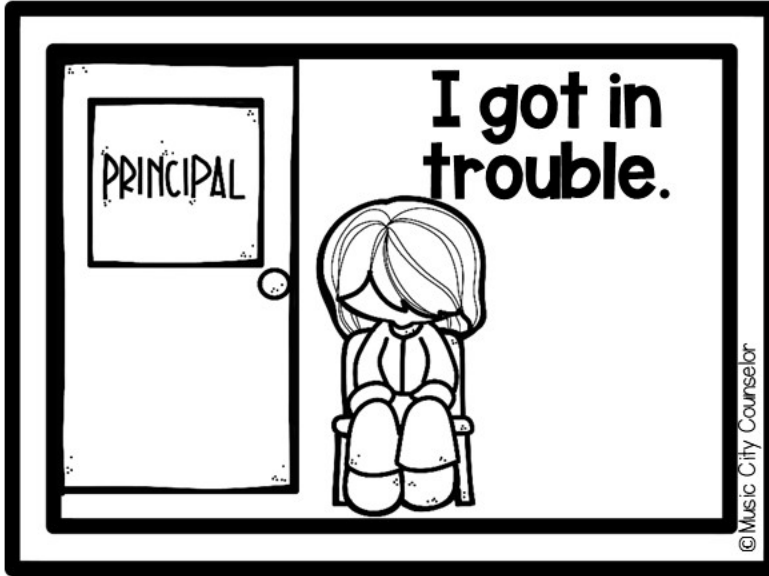
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Please cut out these anger triggers!



Please cut out these anger triggers!



Please cut out these anger triggers!

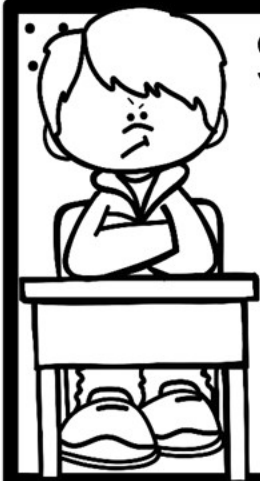
Someone hurt me.



Someone pushed me.



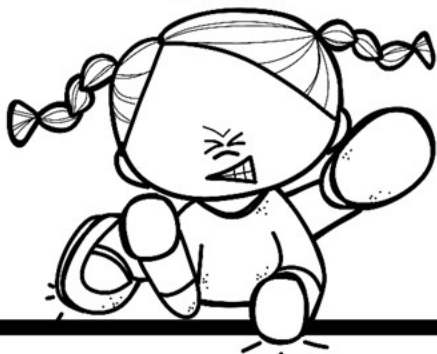
Something is too hard.



My space is messy.



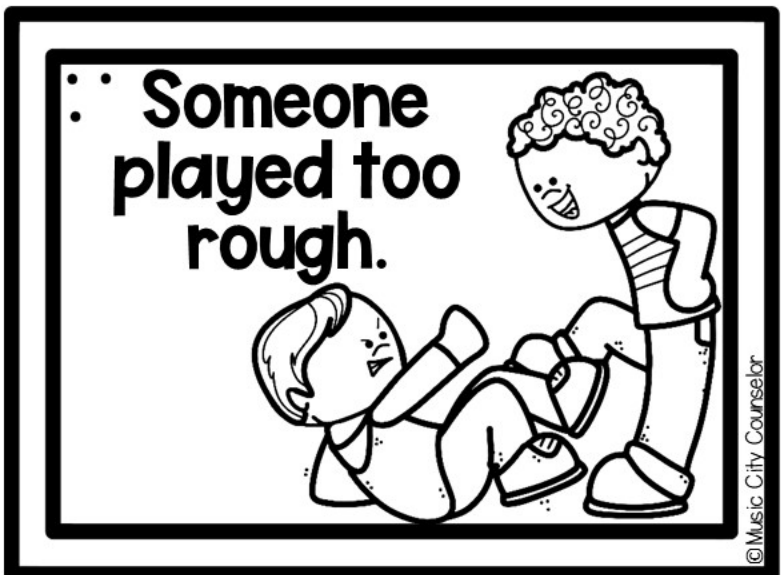
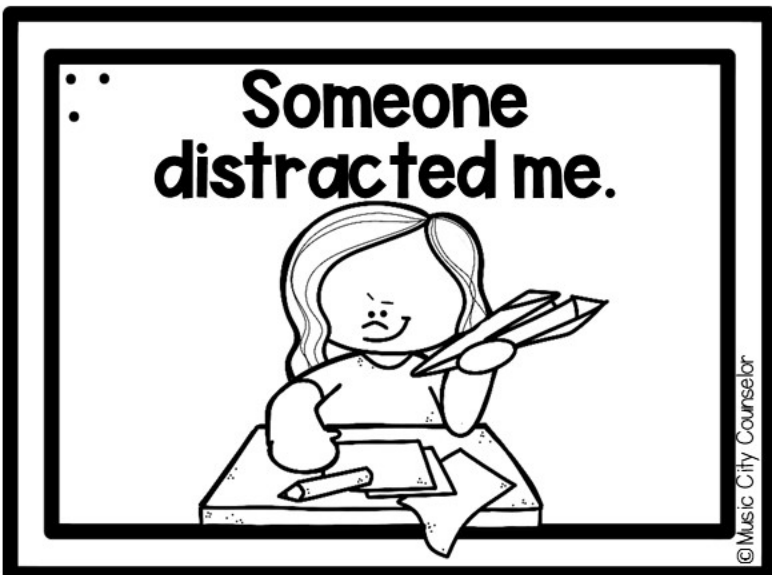
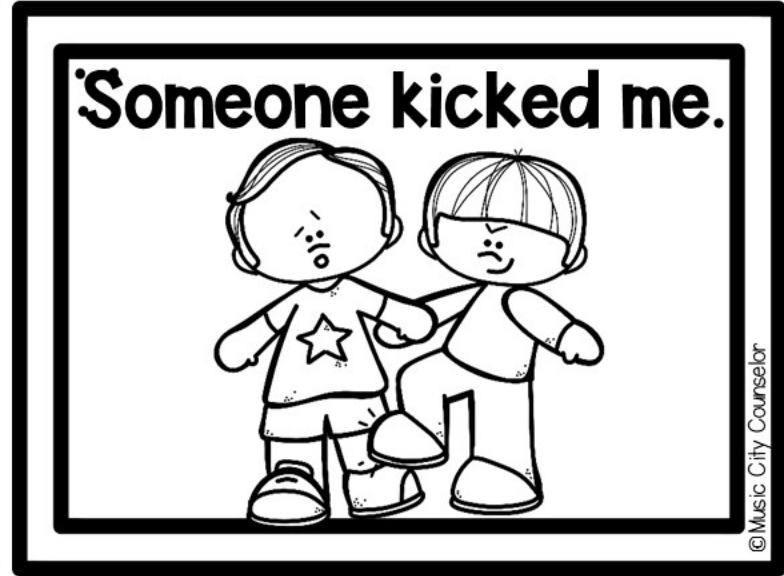
My sibling is acting out.



Someone pinched me.



Please cut out these anger triggers!



Create your own anger trigger cards!

A blank rectangular card template with a double black border. In the top-left corner, there are three small black dots arranged in a small cluster. The rest of the card is empty for writing.

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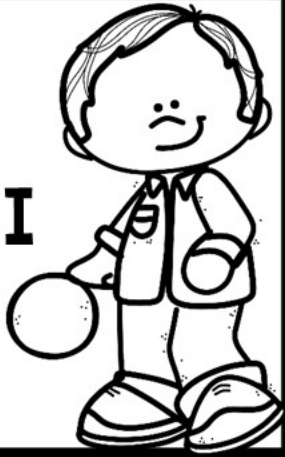
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A blank rectangular card template with a double black border. In the top-left corner, there are three small black dots arranged in a small cluster. The rest of the card is empty for writing.

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Please cut out these calm down strategies!

Do something I enjoy.



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Use positive self-talk.



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Take deep breaths.



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Go on a walk.



©Music City Counselor

Get a drink of water.



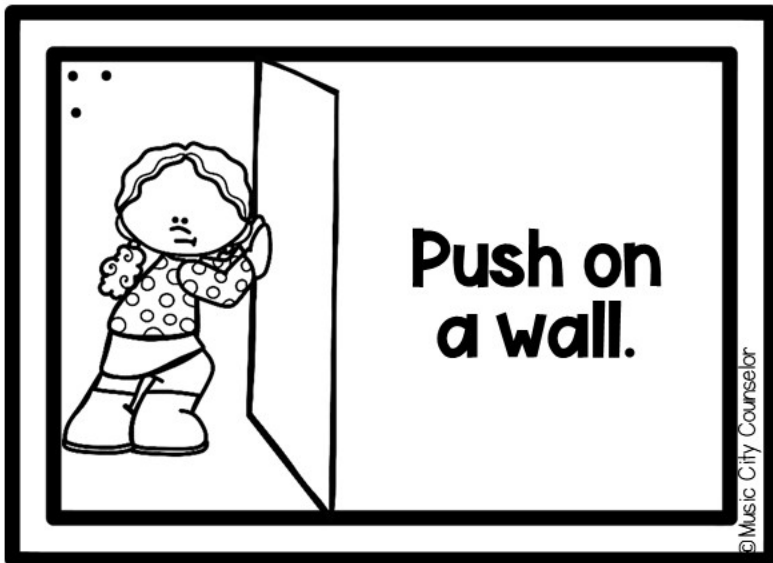
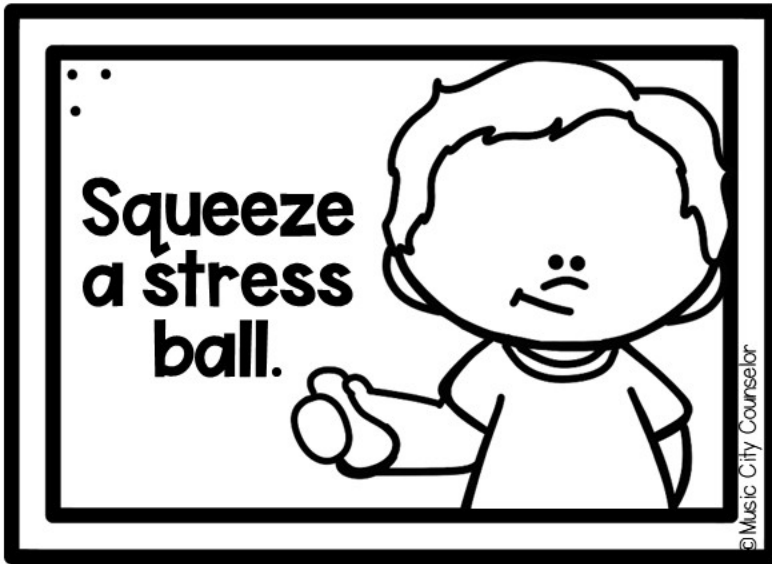
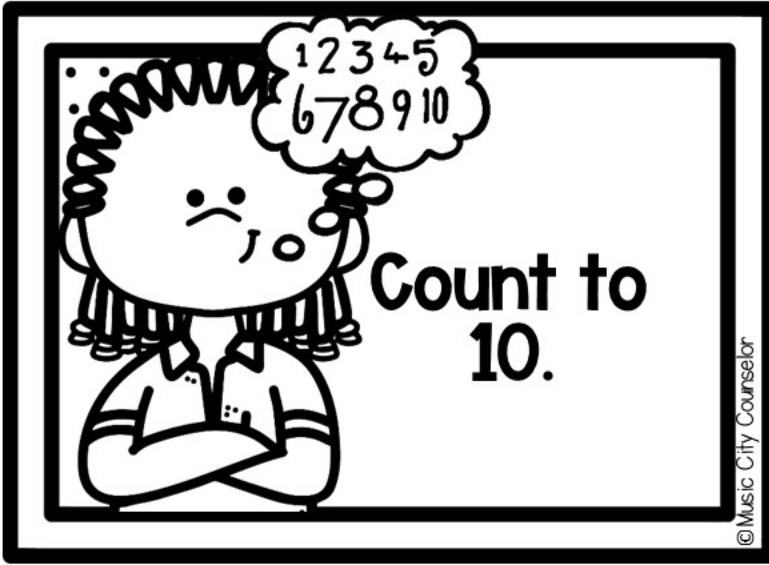
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Talk out my feelings.

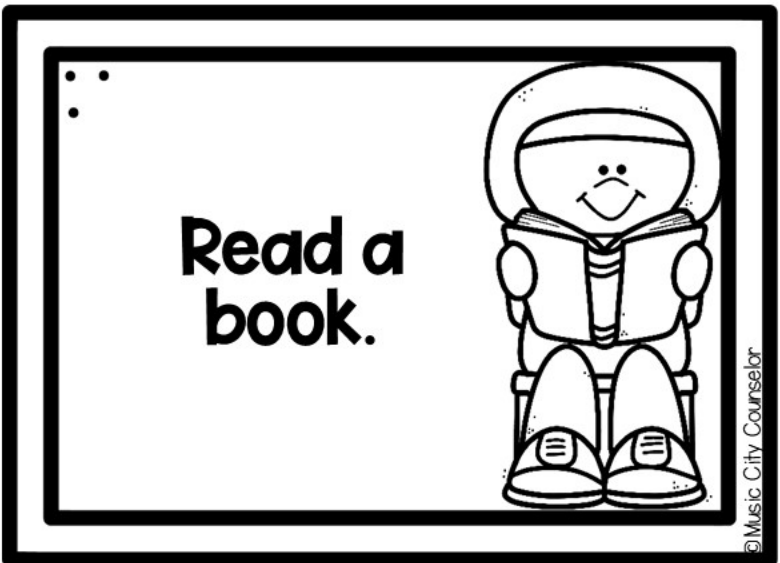
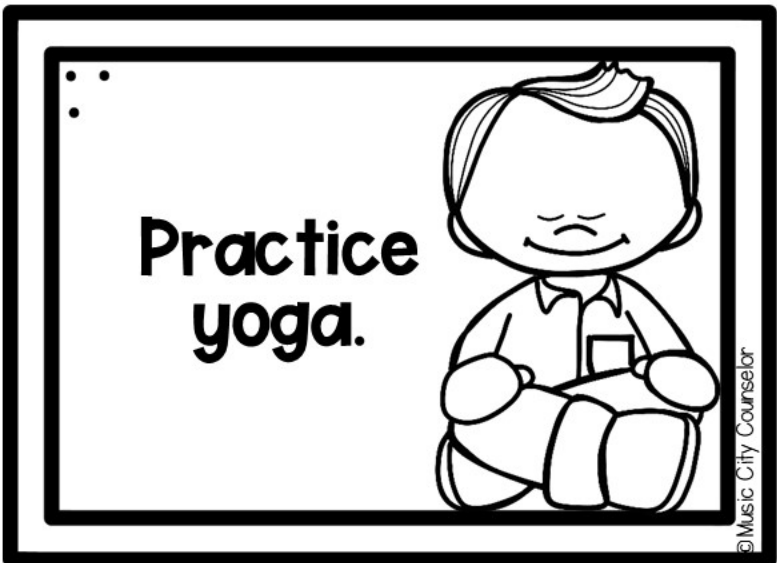
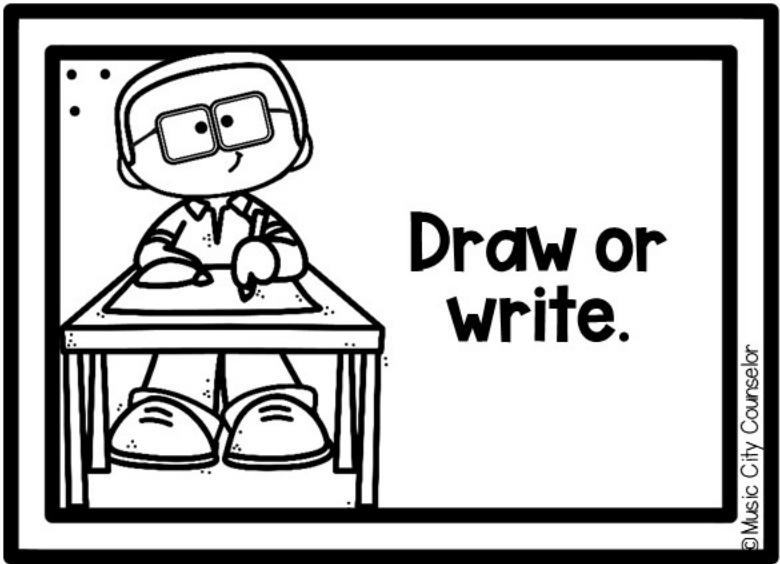
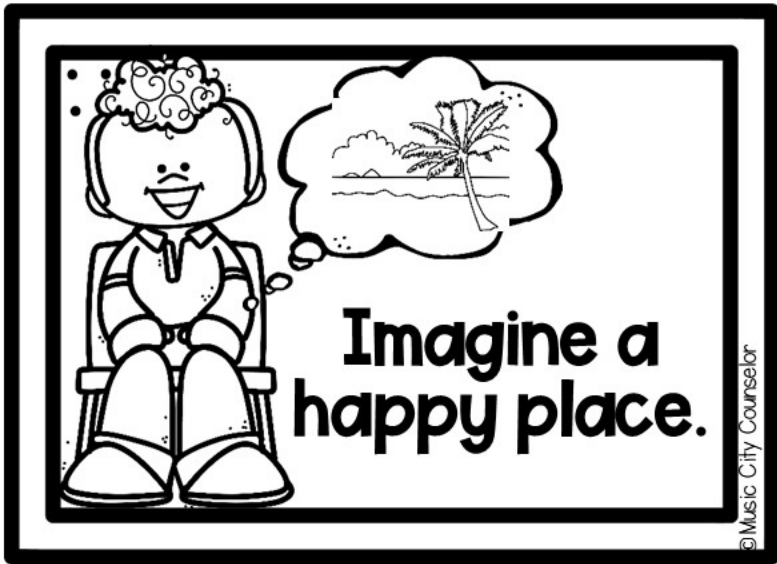
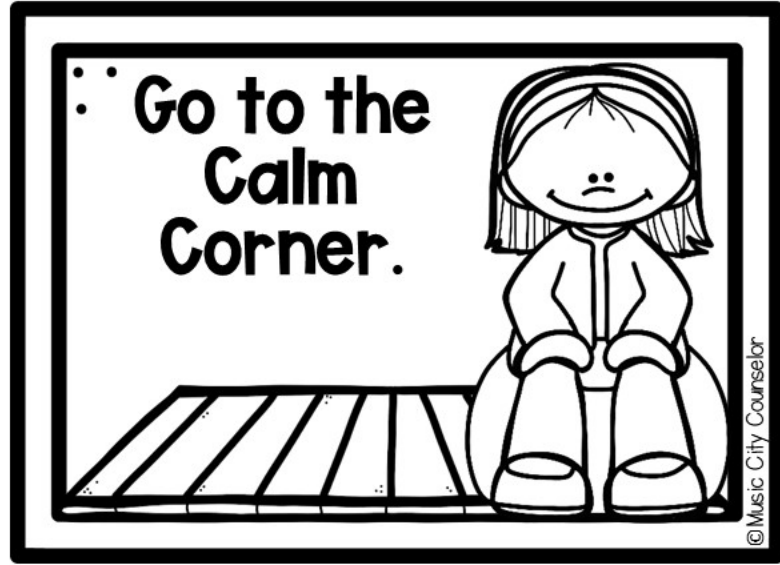
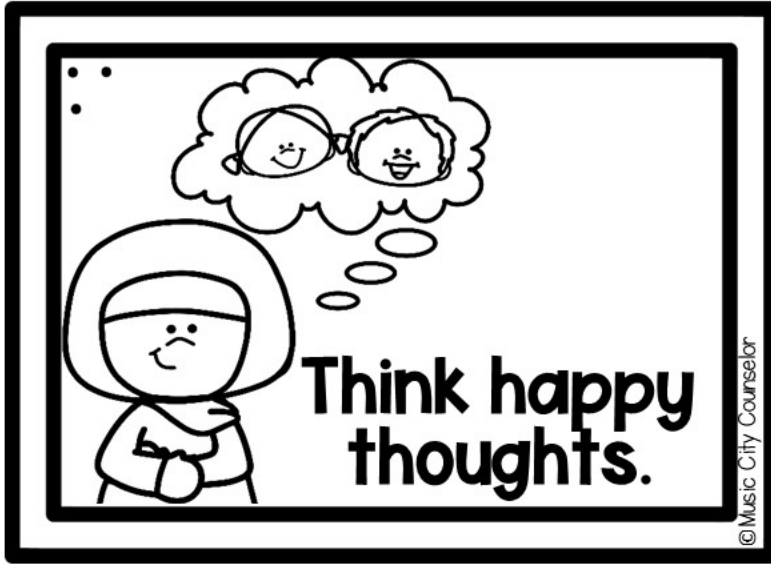


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Please cut out these calm down strategies!



Please cut out these calm down strategies!



Please cut out these calm down strategies, then create your own!

Exercise.



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Relax in a comfy spot.



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