

o MUSIC  city COUNSELOR

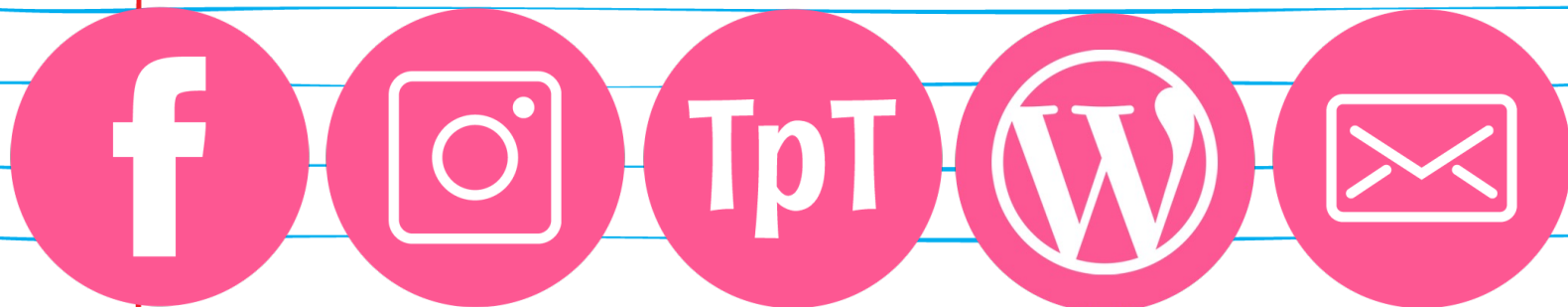
# THANK YOU FOR YOUR PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

# LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

o ♥ **WEBSITE:** [www.musiccitycounselor.com](http://www.musiccitycounselor.com)

♥ **MEMBERSHIP:** [www.counselorcollab.com](http://www.counselorcollab.com)

# ASCA MINDSETS & BEHAVIORS:

## Category 1: Mindset Standards

- M1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being

## Category 2: Behavior Standards

- B-SMS 1: Responsibility for self and actions
- B-SMS 2: Self-discipline and self-control
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment

# DIRECTIONS:

This activity works best with individual students and small groups, but it can be adapted for use with whole group as well! It helps students identify and understand their anger triggers.

## Materials Needed:

- Printed materials
- Scissors
- If using the color version: hook-and-loop fastener dots
- If using the black/white version: glue stick and crayons

## Directions:

1. Both full color and black/white versions of this activity are included
2. Please cut out the anger trigger cards and the "Calm," "Frustrated," and "Out of Control" labels
3. Please review the Anger Scale with students.
4. Please review the Anger Triggers definition with students.
5. Please review and discuss all of the anger trigger cards with students.
6. Please put the "Calm," "Frustrated," and "Out of Control" labels in separate areas on the table. Please put all of the anger triggers cards in a pile.
7. Please ask students to choose an anger trigger card from the pile and rate it: decide whether the situation would make them feel calm, frustrated, or out of control. Then, students place the card on the blank square on the label that corresponds with how they would feel. Students should end up having little piles of cards on each of the 3 labels.
8. Once students have sorted all of the cards into the 3 piles on the labels, they can choose 6 cards from the "out of control" pile (or the "frustrated" pile if they don't have 6 on the "out of control" pile). Please ask them to choose the 6 trigger cards that they feel make them feel the MOST angry. Students can take these 6 cards and glue them onto the "My Top Six" Anger Triggers page. Or, if you are using the full color version, you may choose to laminate the materials and have students stick the cards on with hook and loop fastener dots so the activity is reusable.

# SAMPLE:




 **CALM**


 I make a mistake

 **FRUSTRATED**

 No one will play with me

© Music City Counselor

 **OUT OF CONTROL**

 Someone bullies someone I care about

© Music City Counselor



# SAMPLE:



**FULL**

**COLOR**

# ANGER TRIGGERS

Things, places, + situations  
that make me feel angry.



# ANGER SCALE

**OUT OF CONTROL**

5



I am exploding with BIG feelings I can't control. I may make bad choices or say things I regret.

**ANGRY**

4



My heart is beating fast and my hands are in fists. I'm overwhelmed and am starting to lose control.

**FRUSTRATED**

3



I feel bothered and upset. My breathing is getting faster. My body is starting to sweat.

**ANNOYED**

2



Something is bugging me. I feel irritated. My body is starting to feel tense.

**CALM**

1



I am peaceful and relaxed. My body feels comfortable. Everything is okay.

# My Top Six

# ANGER TRIGGERS

A rectangular box with a purple border and a white background. In the top-left corner, there are three dots arranged in a small triangle, indicating a bulleted list.

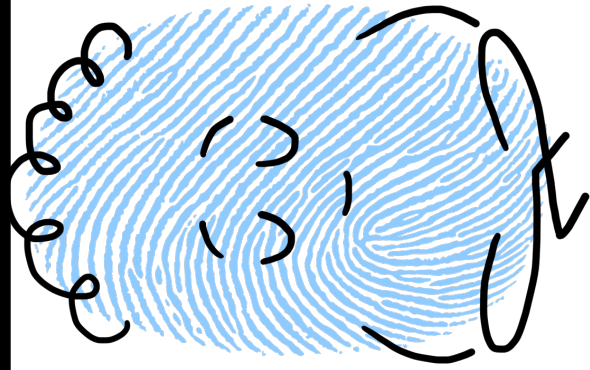
A rectangular box with a pink border and a white background. In the top-left corner, there are three dots arranged in a small triangle, indicating a bulleted list.

A rectangular box with a green border and a white background. In the top-left corner, there are three dots arranged in a small triangle, indicating a bulleted list.

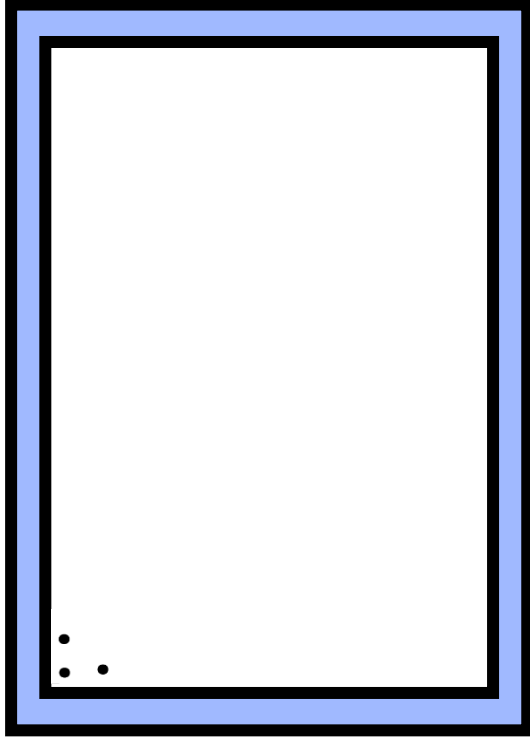
A rectangular box with an orange border and a white background. In the top-left corner, there are three dots arranged in a small triangle, indicating a bulleted list.

A rectangular box with a blue border and a white background. In the top-left corner, there are three dots arranged in a small triangle, indicating a bulleted list.

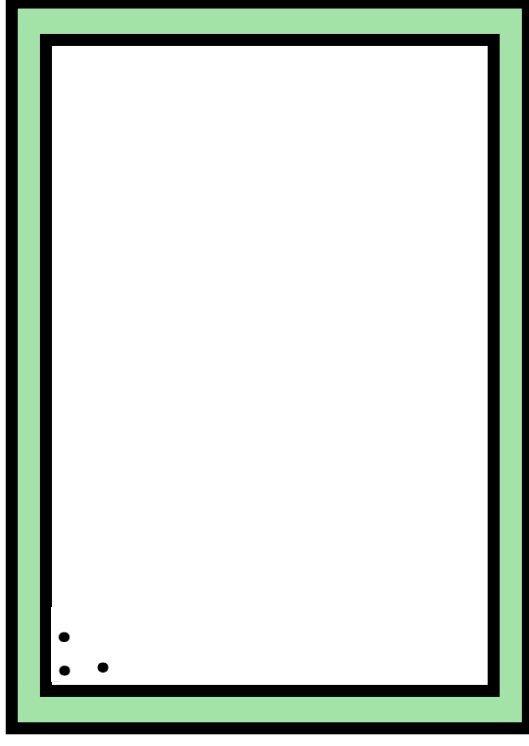
A rectangular box with a yellow border and a white background. In the top-left corner, there are three dots arranged in a small triangle, indicating a bulleted list.

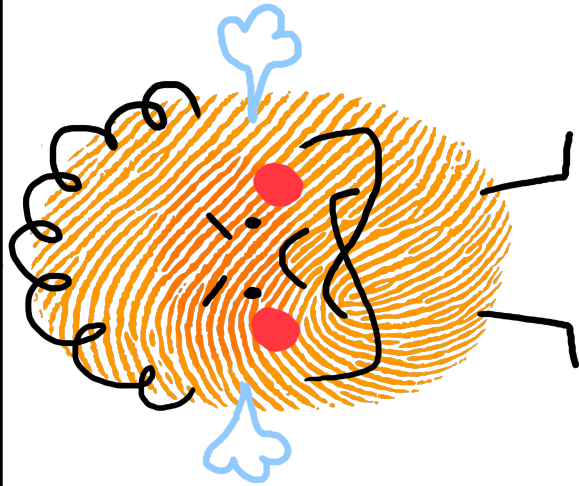


**CALM**

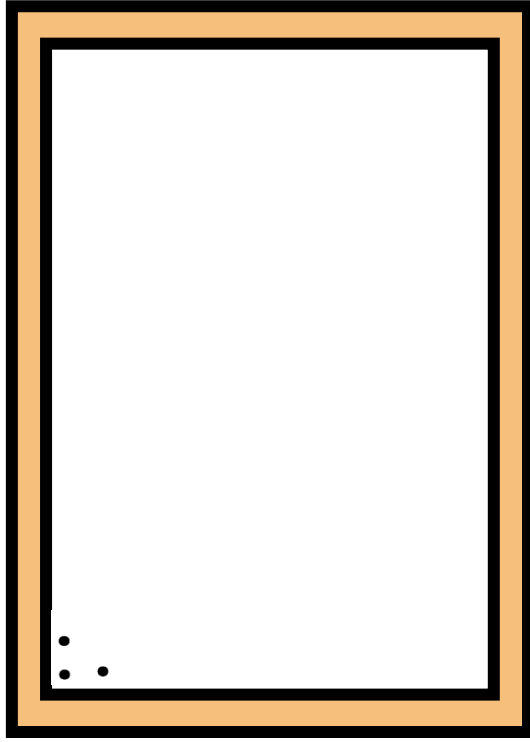


**FRUSTRATED**

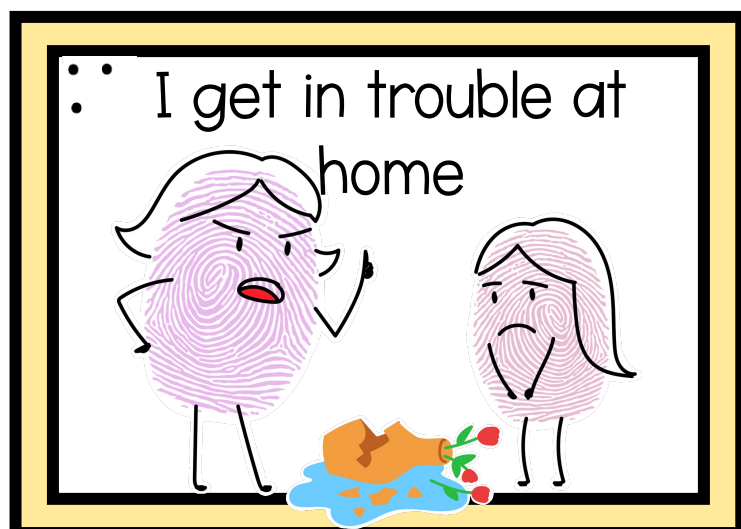
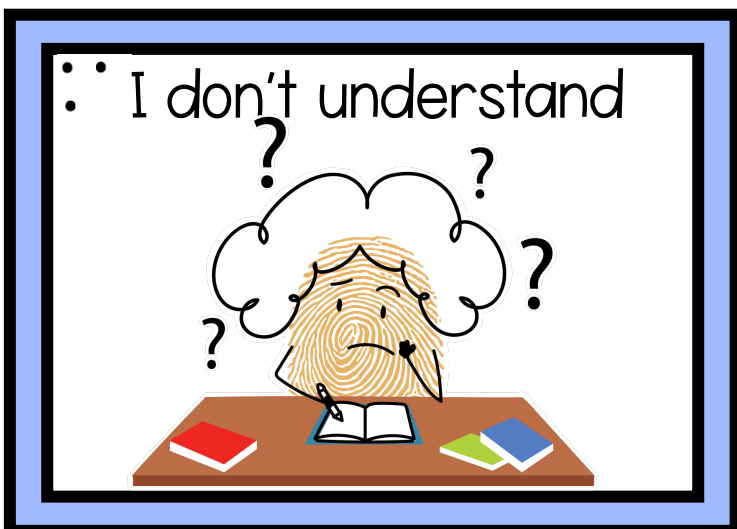
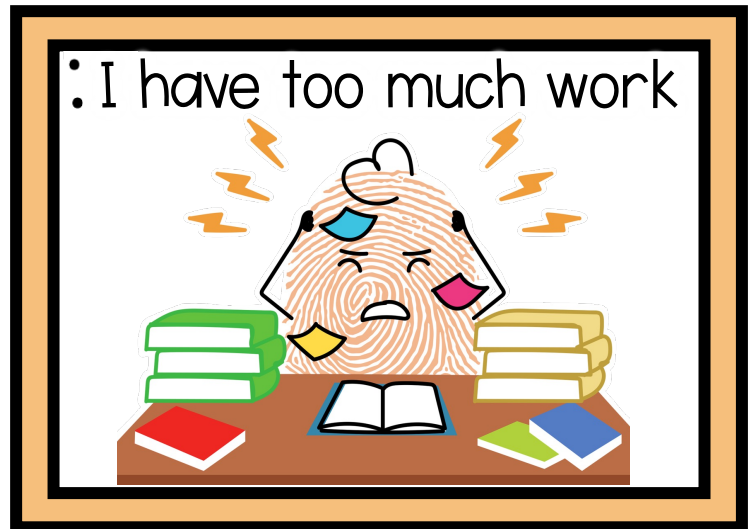
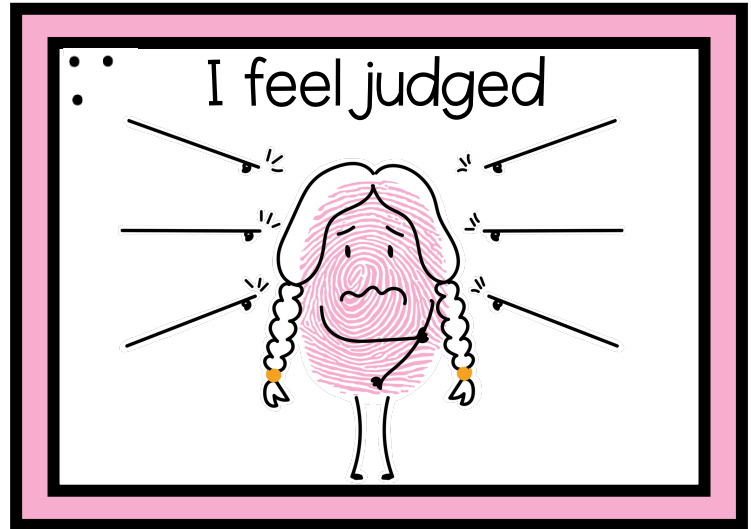
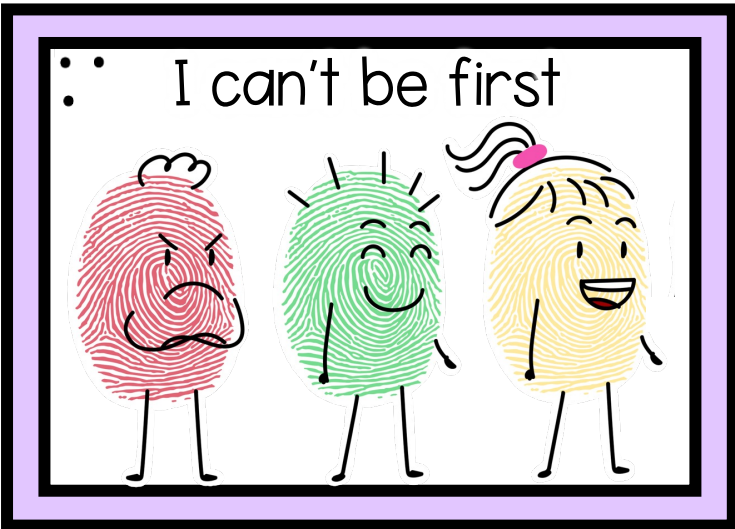




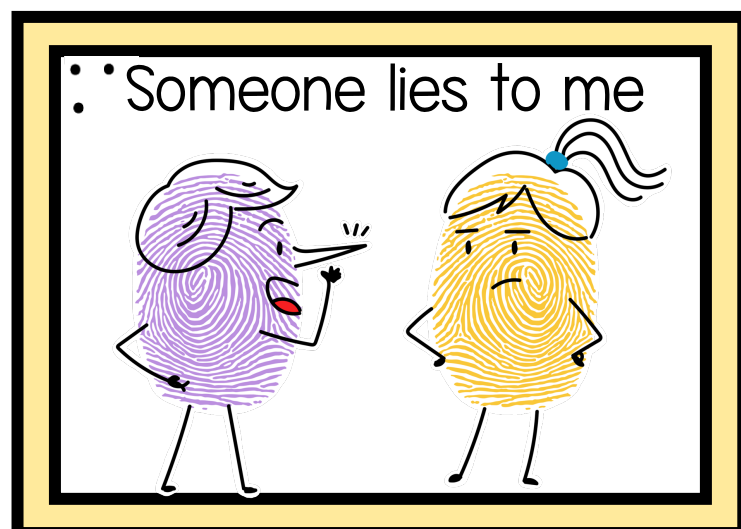
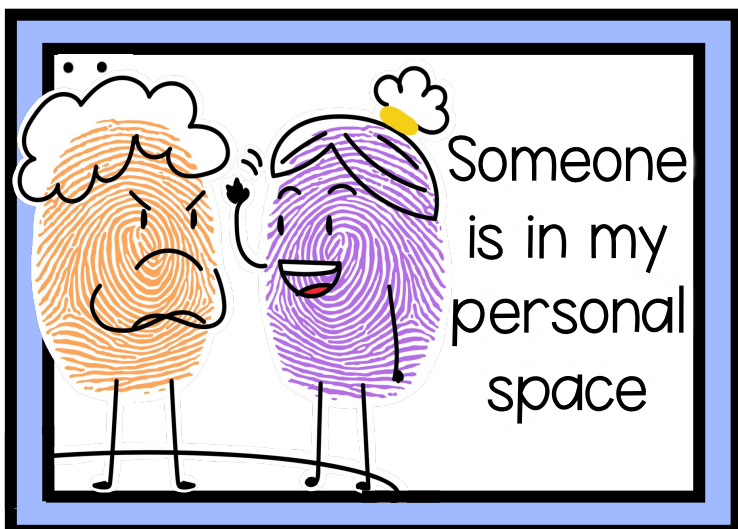
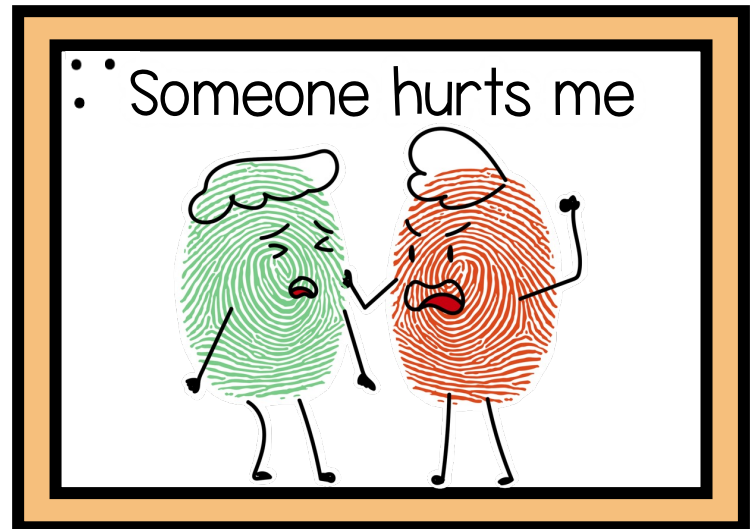
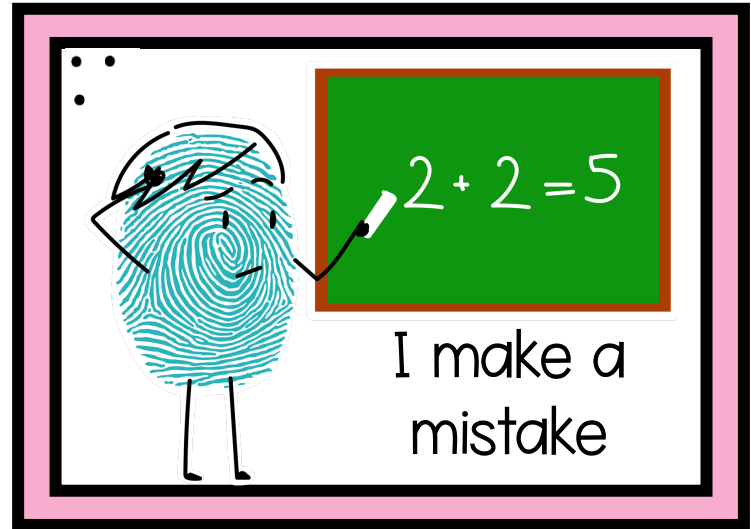
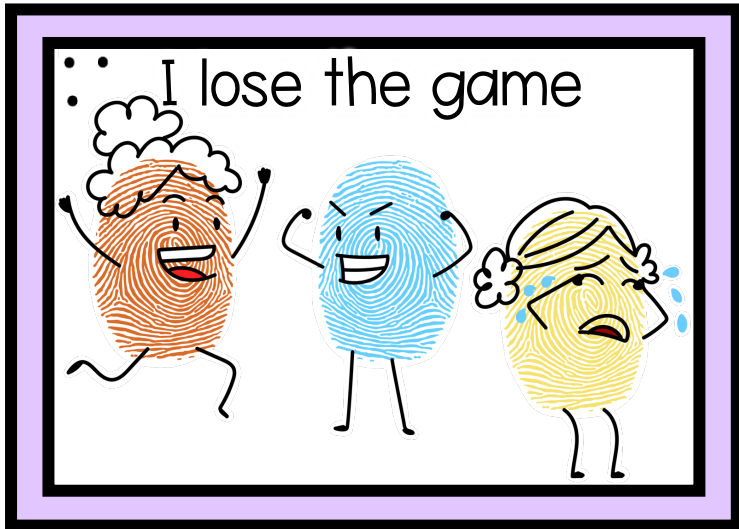
# OUT OF CONTROL



Please cut out these anger triggers.



# Please cut out these anger triggers.

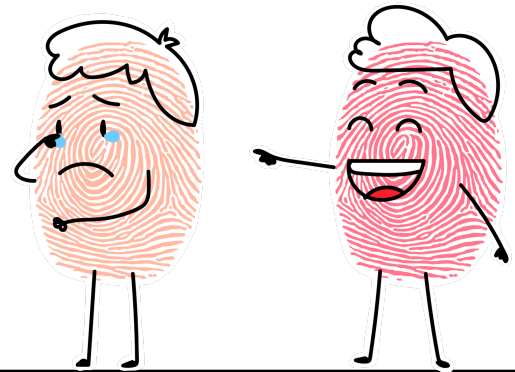


Please cut out these anger triggers.

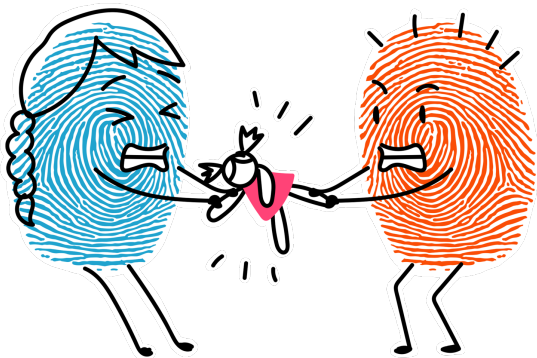
Someone plays too rough



Someone teases me



Someone won't share



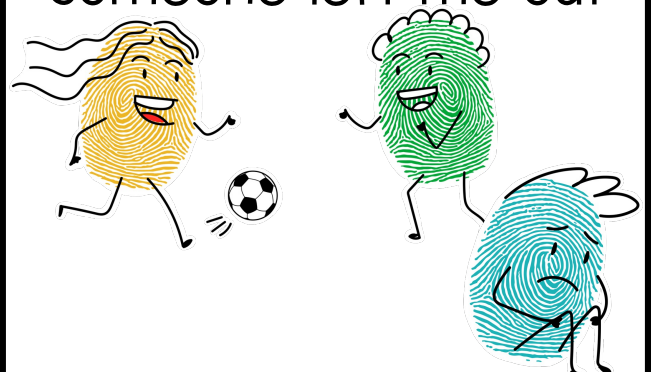
Someone yells at me



Teacher won't call on me

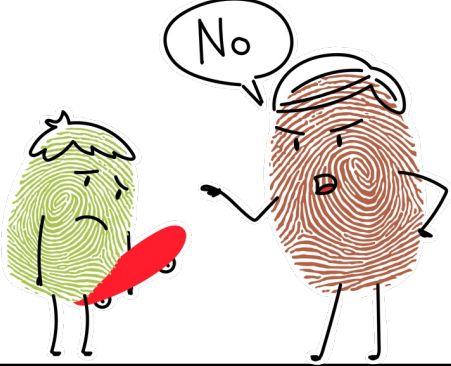


Someone left me out



Please cut out these anger triggers.

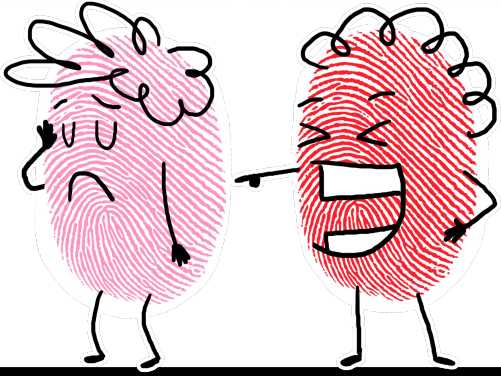
Someone tells me "no"



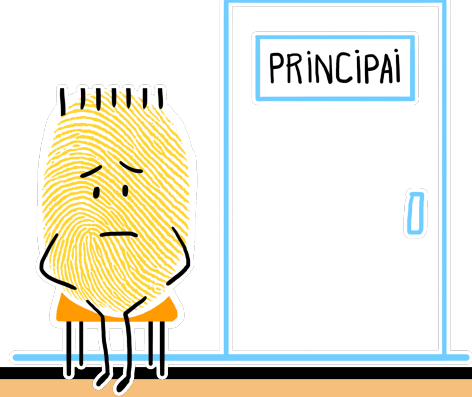
My work is too hard



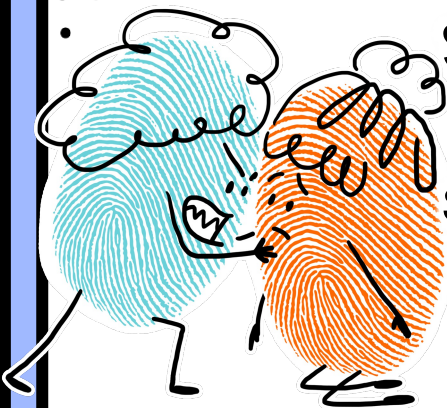
Someone bullies me



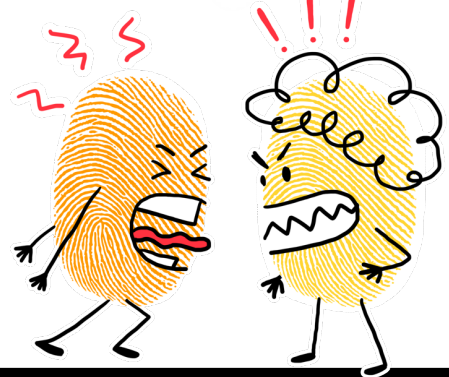
I get in trouble at school



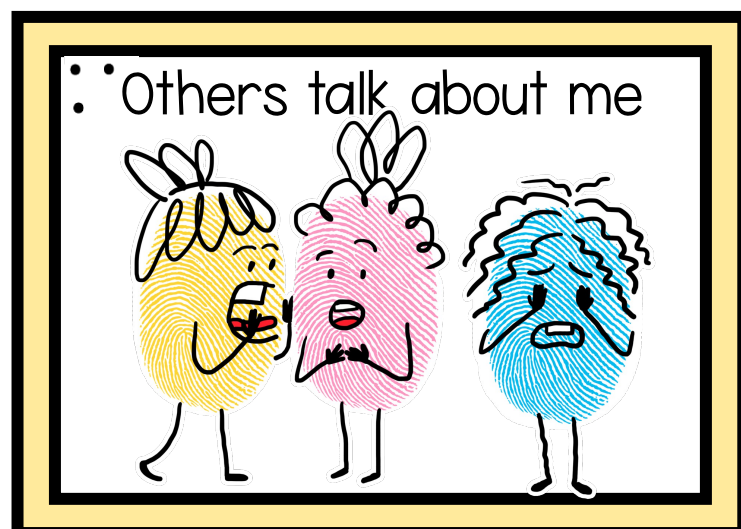
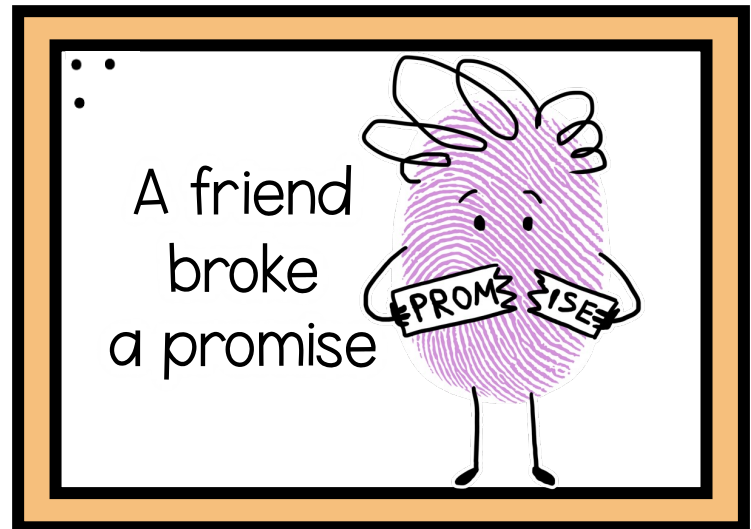
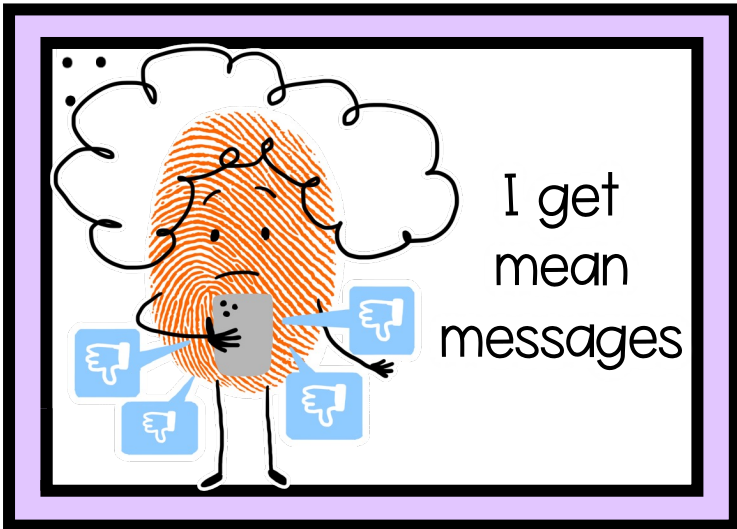
Someone bullies someone I care about



Someone argues with me



Please cut out these anger triggers.



**BLACK**

**& WHITE**

# ANGER TRIGGERS

Things, places, + situations  
that make me feel angry.



# ANGER SCALE

**OUT OF CONTROL**

**5**



I am exploding with BIG feelings I can't control. I may make bad choices or say things I regret.

**ANGRY**

**4**



My heart is beating fast and my hands are in fists. I'm overwhelmed and am starting to lose control.

**FRUSTRATED**

**3**



I feel bothered and upset. My breathing is getting faster. My body is starting to sweat.

**ANNOYED**

**2**



Something is bugging me. I feel irritated. My body is starting to feel tense.

**CALM**

**1**



I am peaceful and relaxed. My body feels comfortable. Everything is okay.

# My Top Six

# ANGER TRIGGERS

Three dots in the top left corner of an empty rectangular box.

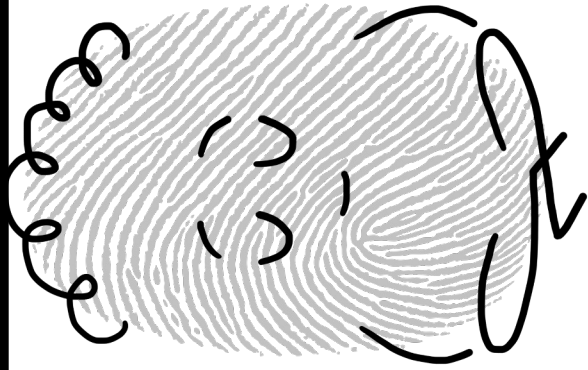
Three dots in the top left corner of an empty rectangular box.

Three dots in the top left corner of an empty rectangular box.

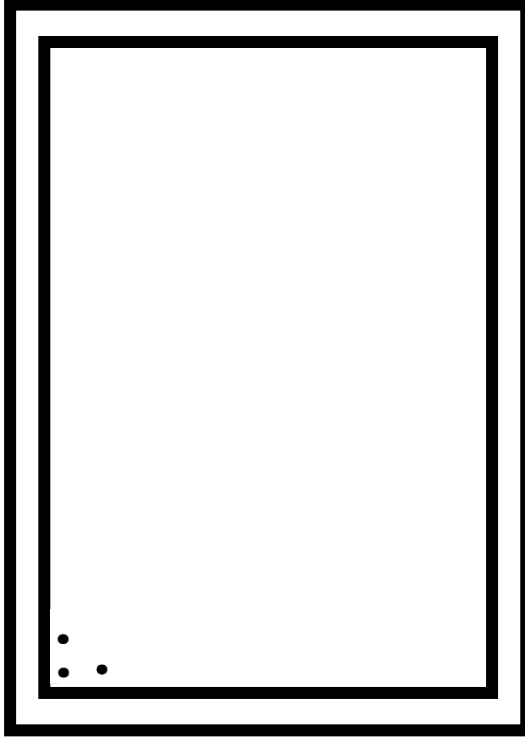
Three dots in the top left corner of an empty rectangular box.

Three dots in the top left corner of an empty rectangular box.

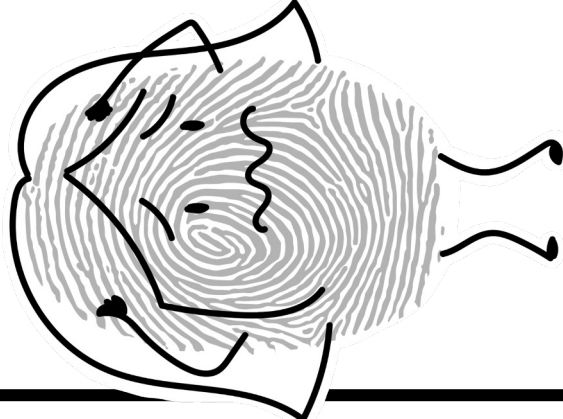
Three dots in the top left corner of an empty rectangular box.



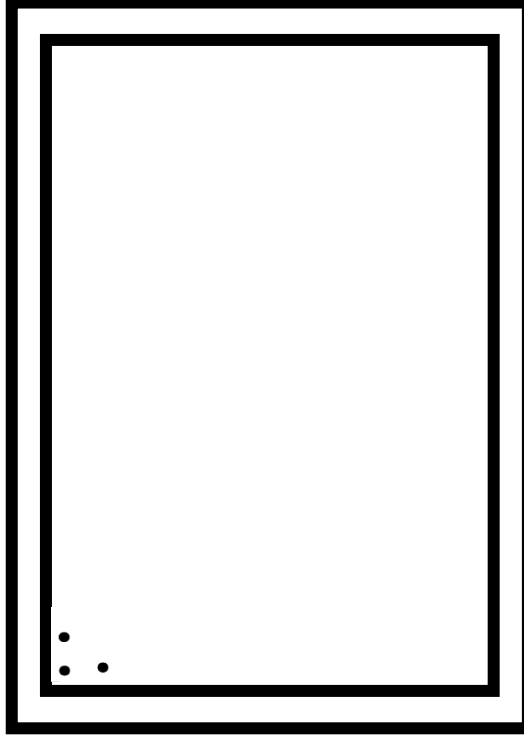
**CALM**



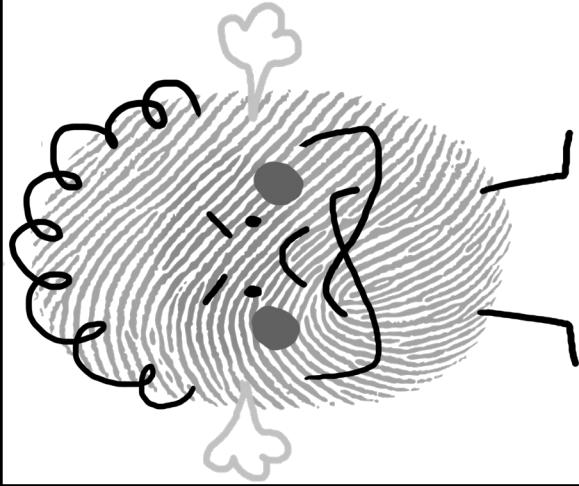
© Music City Counselor



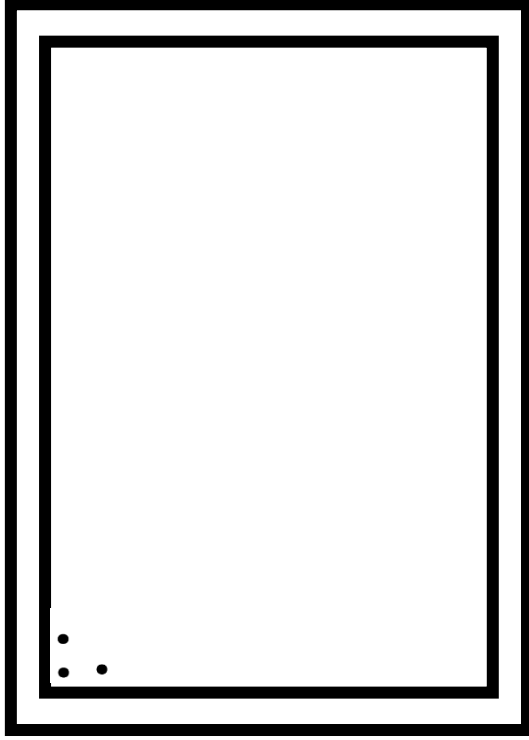
**FRUSTRATED**



© Music City Counselor

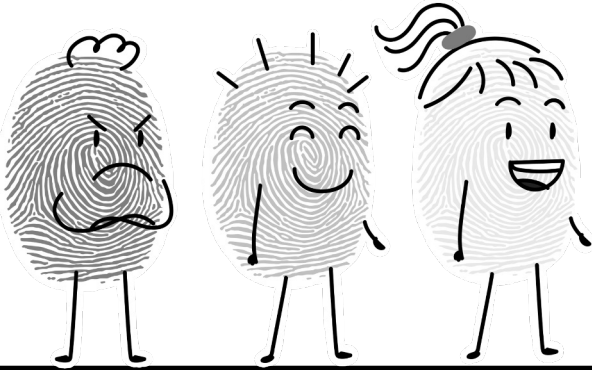


# OUT OF CONTROL

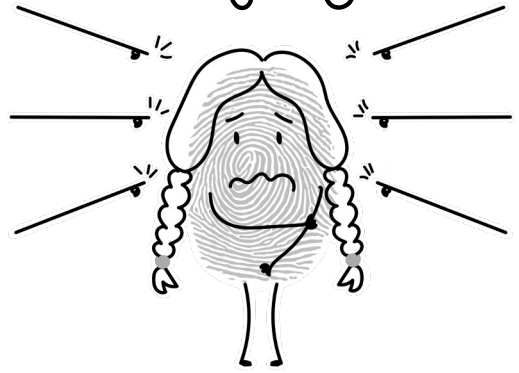


Please cut out these anger triggers.

∴ I can't be first



∴ I feel judged



∴ I don't get my way



∴ I have too much work



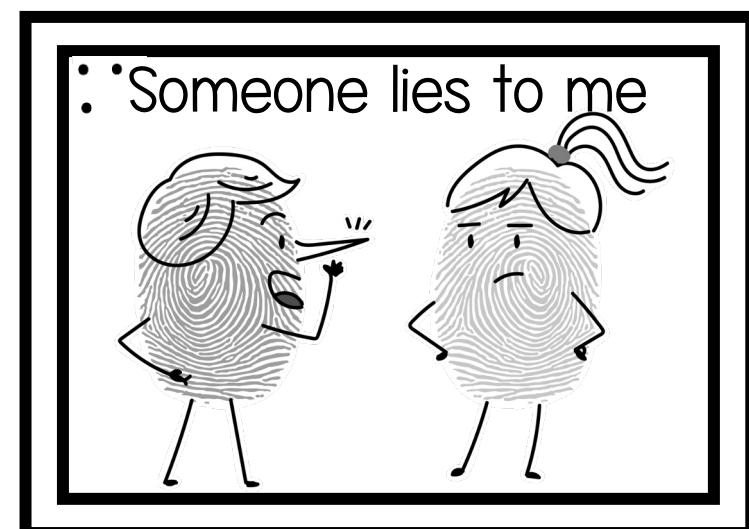
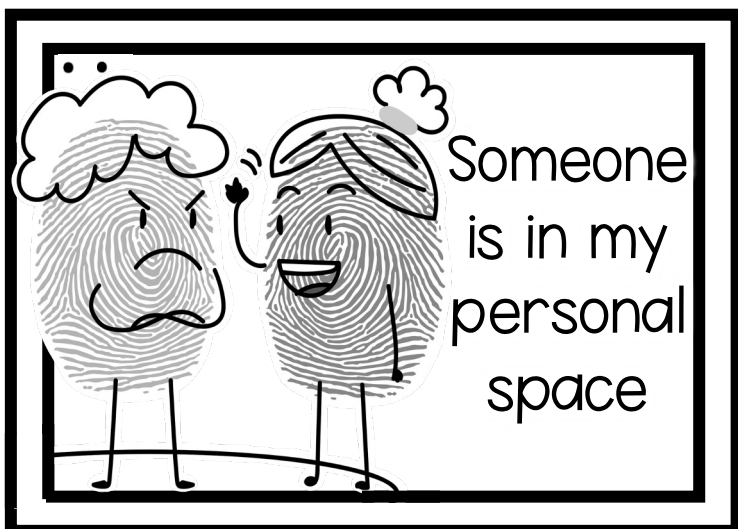
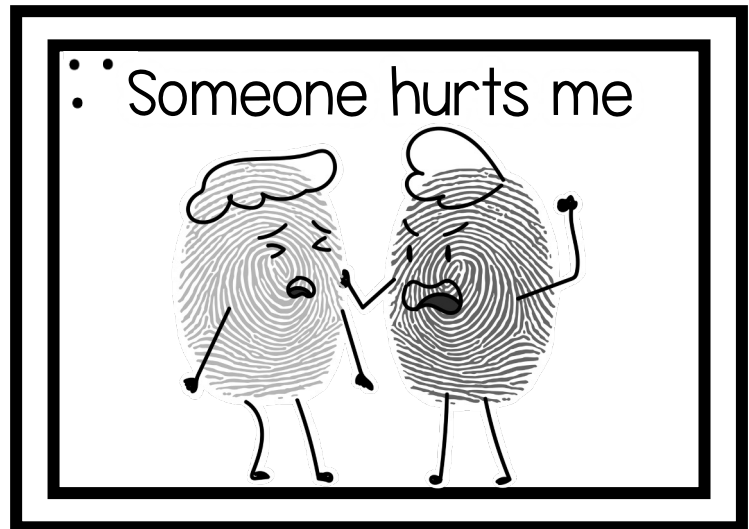
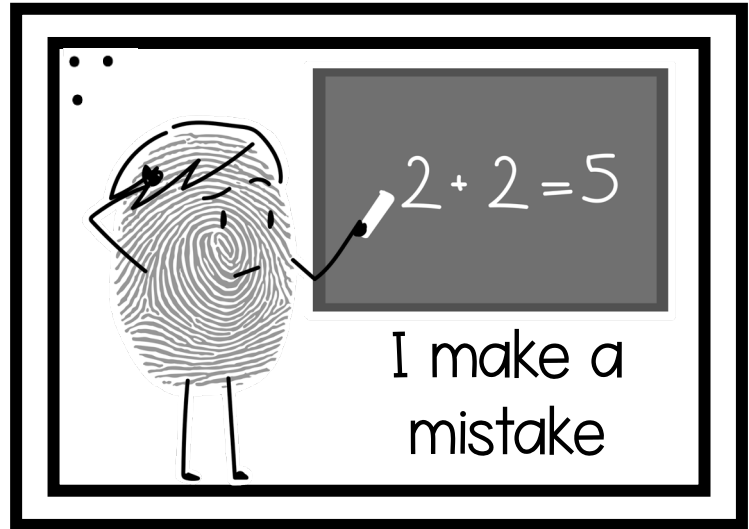
∴ I don't understand



∴ I get in trouble at home



# Please cut out these anger triggers.

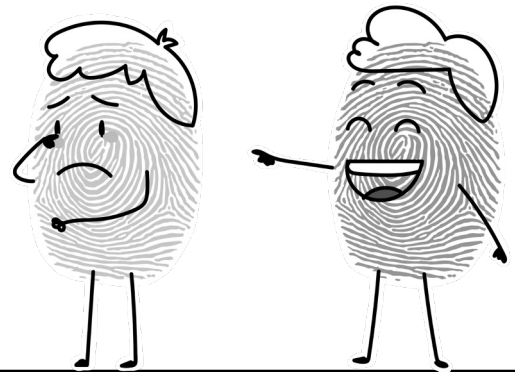


Please cut out these anger triggers.

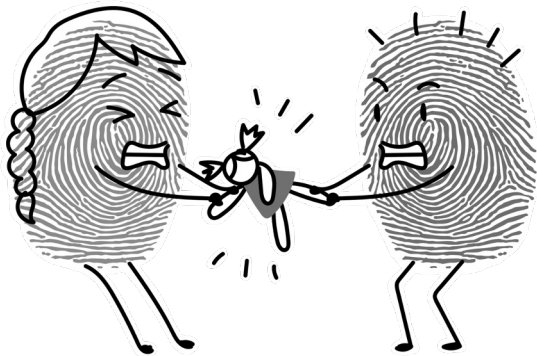
Someone plays too rough



Someone teases me



Someone won't share



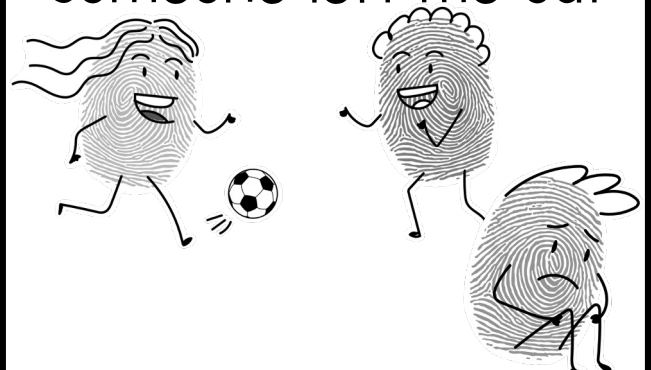
Someone yells at me



Teacher won't call on me



Someone left me out



# Please cut out these anger triggers.

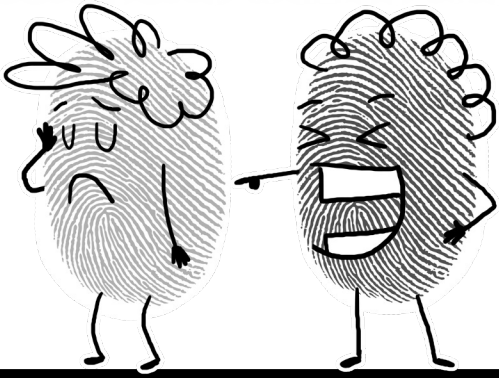
Someone tells me "no"



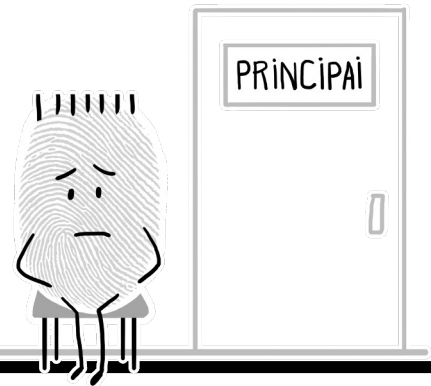
My work is too hard



Someone bullies me



I get in trouble at school



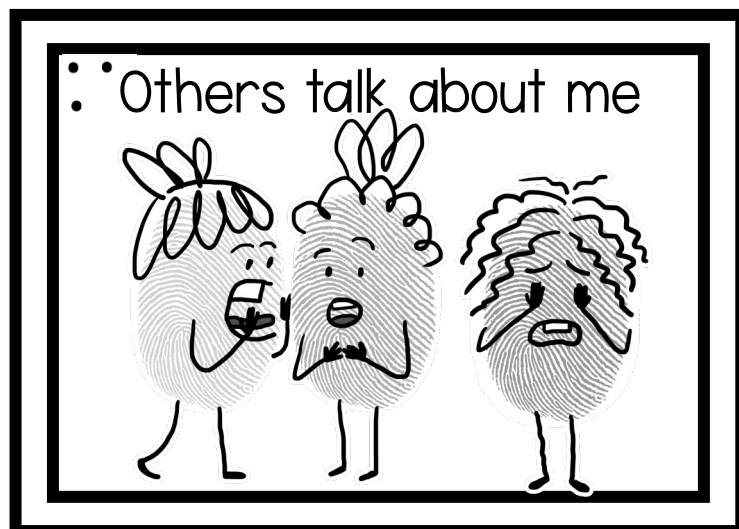
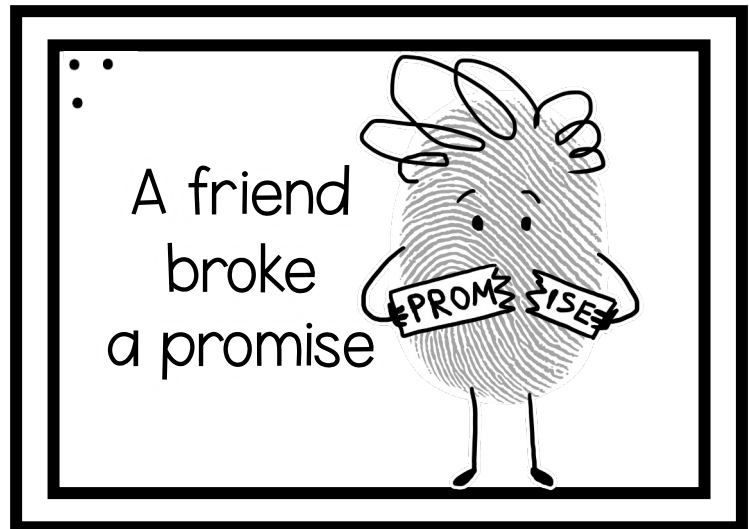
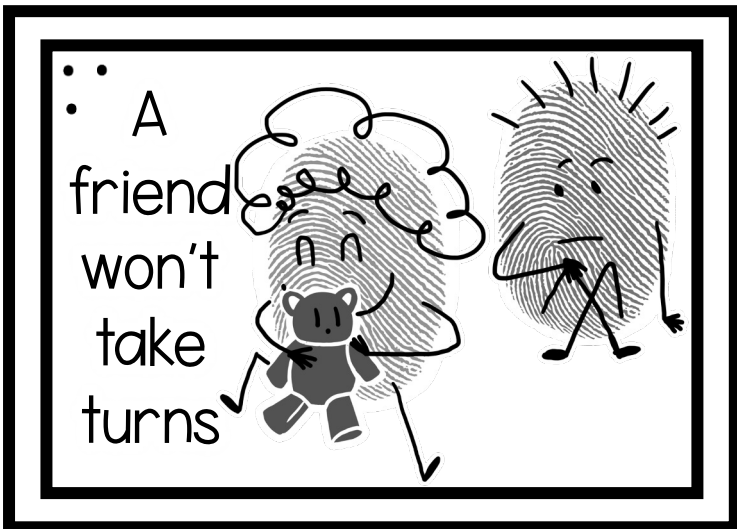
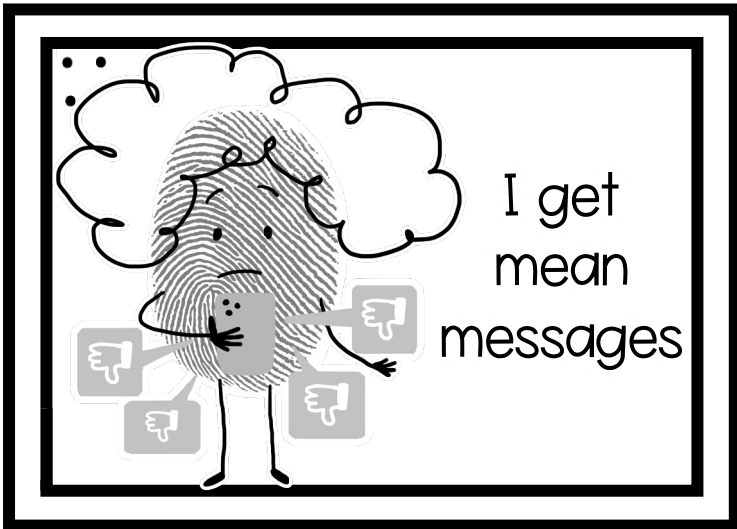
Someone bullies someone I care about



Someone argues with me



# Please cut out these anger triggers.



# TERMS OF USE:

- Make copies for the purchaser's classroom AND share copies with other educators within your school building
- Reference (without distribution) this product in blog posts, seminars, professional development workshops, or other such venues provided there is both credit given to myself as the author and a link back to my TpT store included in the post/presentation

YOU MAY

- Claim the work as your own, alter the files in any way, or remove/attempt to remove the copyright
- Share this product with educators outside of your school building
- Repackage, sell, or giveaway this product to others
- Offer to share this product anywhere on the internet as a download or copy

YOU MAY NOT



Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

