

**SIMPLY SNAPPING MOM
PRESENTS:**

QUIET THE STORM INSIDE



**ANGER MANAGEMENT
FOR KIDS**

UNDERSTANDING

Anger

Everyone has feels different emotions at different times. You may feel happy, sad, or worried.

Sometimes you may feel angry.

and that's okay!

Anger can feel like a storm inside your brain. You may not be able to think clearly. Your heart may be beating faster, or you may clench your fists.



When you learn to know when you are getting angry, you can discover ways to release the anger in a healthy way and feel happy again.

WHAT ANGER Feels like

Anger can sometimes feel different to different people. It may feel like:



**A ROARING LION
IN YOUR HEAD**



**CAUSE YOU TO
SWEAT**



**A FAST BUNNY
JUMPING IN YOUR
CHEST**



**BUTTERFLIES IN
YOUR BELLY**



How does it feel to you?
(write or draw it here)



WHAT CAUSES YOU TO

Feel Angry

Everyone has "triggers" or things that make them angry.

- Do you get angry when someone laughs at you?
- Do you get upset when you lose a game?
- Are you angry when you are tired or hungry?
- Do you get mad when something is hard to do?



Fill this in:



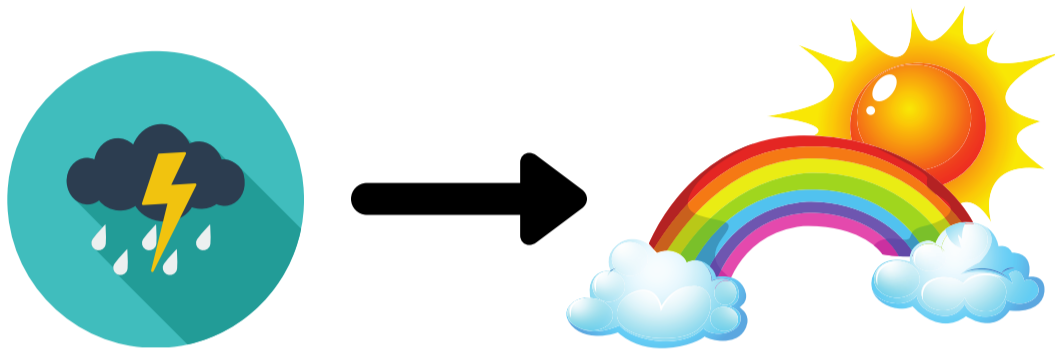
I feel angry when:



WHAT TO DO WHEN I

Feel Angry

There are simple activities that you can do when you feel angry to make you feel better.



First,

Remember this: Don't lose control if you get angry. Taking it out on others never fixes anything.



Just like with a storm, there are things you can do to make it better.

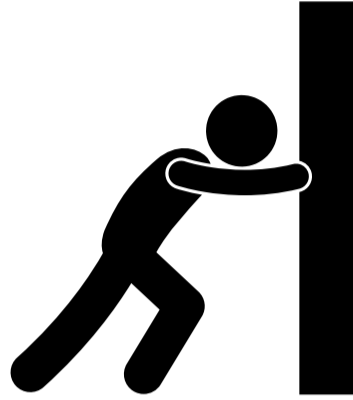
You can take a break and wait for the sun, or get an umbrella!

Certain activities can help you!

Quiet the Storm

ANGER MANAGEMENT ACTIVITIES FOR KIDS

If I feel like hitting, kicking, or pushing, I can:



Push a wall



Squeeze your fist, then relax 5 times

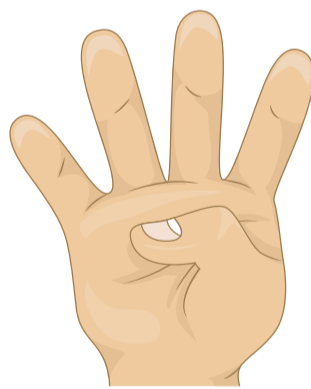


Take 5 minutes to do some stretches



Walk away and take 5 deep breaths

If I feel like yelling, screaming, or crying, I can:



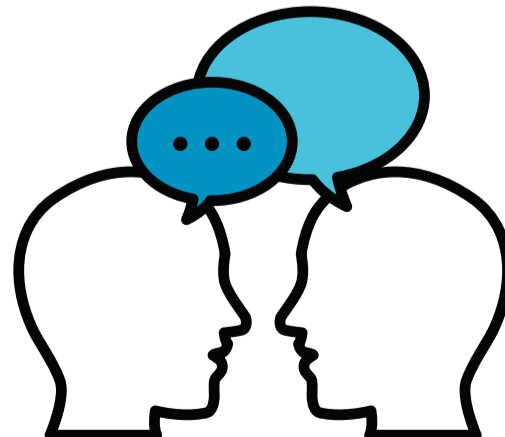
Count to 10



Listen to music



Think about something you love



Talk to someone you trust

Remember:

**YOUR ANGER IS NOT THE BOSS OF YOU!
IT'S JUST A STORM THAT NEEDS TO PASS.**

Calm Down Cards FOR KIDS

WHEN YOU FEEL UPSET,
TRY THESE ACTIVITIES

BE A BIRD



HUM "THE ABC'S", "ROW ROW ROW YOUR BOAT" OR YOUR FAVORITE SONG

BE A TREE



STAND TALL, TAKE A DEEP BREATH AND COUNT TO 10

BE THE WIND



PLACE YOUR HANDS IN FRONT OF YOUR FACE AND BLOW LONG DEEP BREATHS INTO YOUR HANDS

BE A MONKEY



TAKE A FEW MINUTES TO STRETCH, SHAKE IT OUT, OR EVEN DO SOMERSAULTS

BE A FISH



GO TO A SINK. RUN YOUR HANDS UNDER THE WATER OR SPLASH SOME ON YOUR FACE

BE A WOLF



GO TO A QUIET PLACE FOR SOME ALONE TIME. SIT QUIETLY



print, cut out, and staple for quick reference



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Calm Down Cards FOR KIDS

WHEN YOU FEEL UPSET,
TRY THESE ACTIVITIES

BE A KOALA



FIND SOMEONE YOU CARE ABOUT AND ASK THEM FOR A HUG

BE A HEART



MAKE YOUR HANDS INTO A FIST. RELAX AND REPEAT 10 TIMES

BE A SLOTH



SLOWLY, STARTING WITH FINGERS AND TOES AND WORKING IN, RELAX AND SLOW DOWN YOUR BODY

BE A LLAMA



CHEW A PIECE OF GUM

BE AN ARTIST



DRAW A PICTURE SHOWING YOUR EMOTIONS

BE A CATERPILLAR



WRAP YOURSELF SNUG IN A BLANKET



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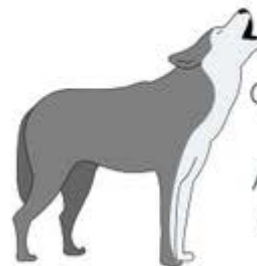
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