

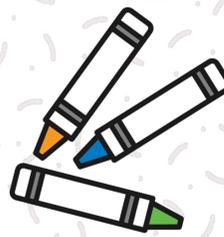
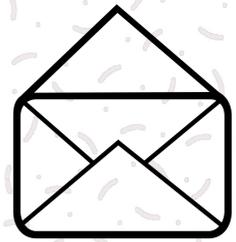
Anger Skill Cards

When we get angry it can be hard to know how to deal with all of the emotions in a healthy way. Anger skill cards can help you find ways to cope with these big feelings.

It is a good chance for you to talk and think about how you can manage anger better in your family.

Things you will need:

- Paper or card
- Colouring pencils
- Scissors
- A small envelope



How to make the skill cards...

Cut paper/card into 8-12 pieces (give them a hand if needed).

Have a think then write or draw a different activity that they can do when they feel angry.

You could try;

- Take 20 slow, deep breaths
- Go for a walk
- Punch a pillow
- Write about your anger Kick a ball against a wall Do 10 star jumps

Practice a few of the activities while you are calm, that way you will link them to a time when you felt happy.

Once you have filled in as many cards as you can – put them in the envelope. Put them somewhere that you remember.

Anger Skill Cards



How to use them...

These cards are for you to use whenever you feel yourself getting angry.

Remind yourself the cards are there when you notice yourself struggling.

You could tell your teachers or carers about the cards and use them in different settings if you think that would help.

You might want to try more than one.

In time you will learn how to make good choices for yourself without reminders from the cards.