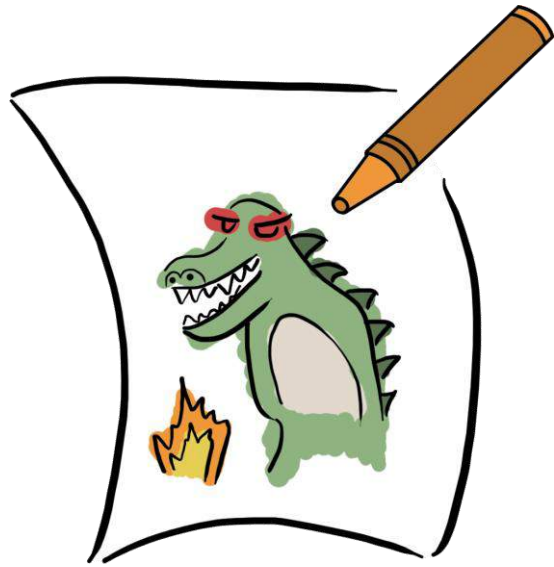


Anger Management Skill Cards



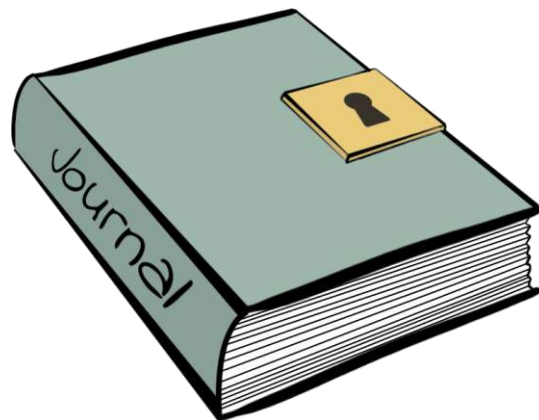
Take 20 Deep Breaths



Draw Your Anger



Do 50 Jumping Jacks

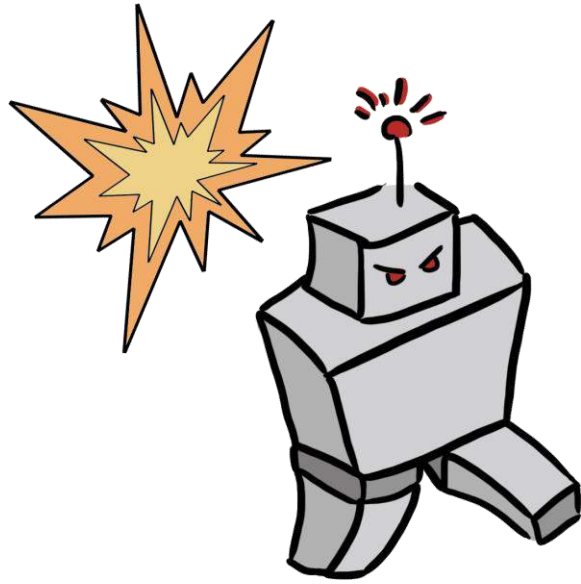


Write About Your Anger

Anger Management Skill Cards



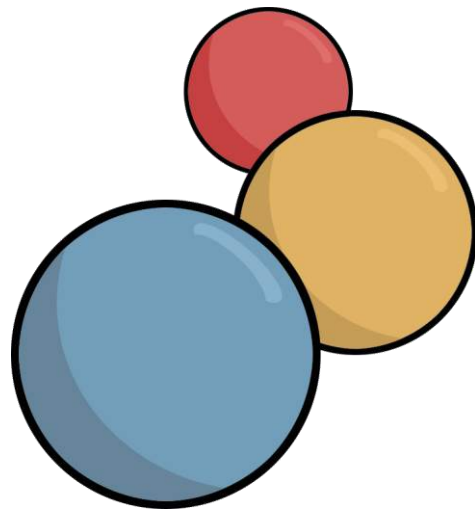
Count to 100



Walk Away



Talk to Someone about
Your Problem



Squeeze a Ball

Anger Management Skill Cards



Play Outside



Listen to Music



Practice a Hobby



Your Own Idea:
