

# ANGER MANAGEMENT

23 CALMING STRATEGY CARDS



# HAPPY TEACHING!

Print these pages onto card and cut to separate. I used a hole punch to add holes in the top left corner so they could be attached to a ring to keep them together.

**For black and white pictures and 185 calming ideas, click [HERE](#).**



I hope your students really enjoy these cards! If you have any questions or concerns regarding this product please contact me at [lizsearlylearningspot@gmail.com](mailto:lizsearlylearningspot@gmail.com)

For many more teaching ideas and freebies visit my blog Liz's Early Learning Spot <http://www.lizs-early-learning-spot.com>

Liz





VERY  
ANGRY



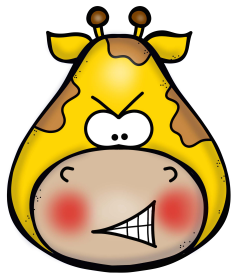
ANGRY

CROSS

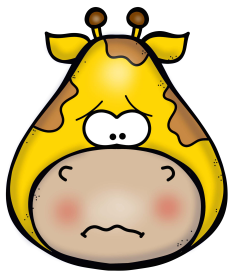
A BIT IRRITATED

CALM





VERY  
ANGRY

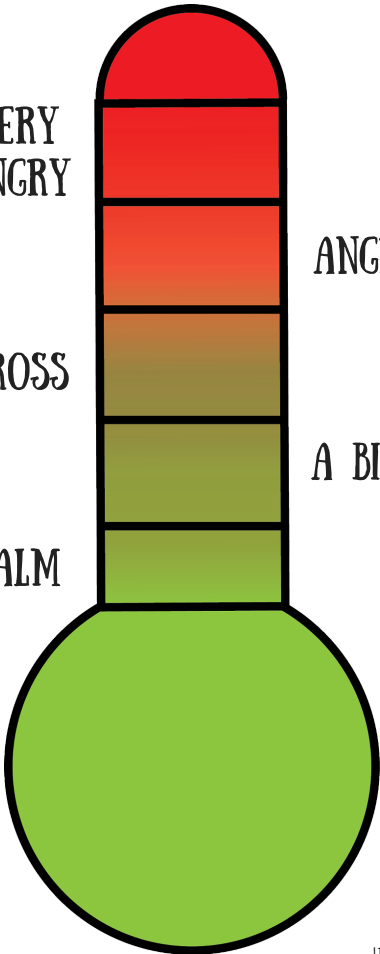
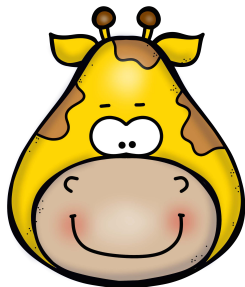


ANGRY

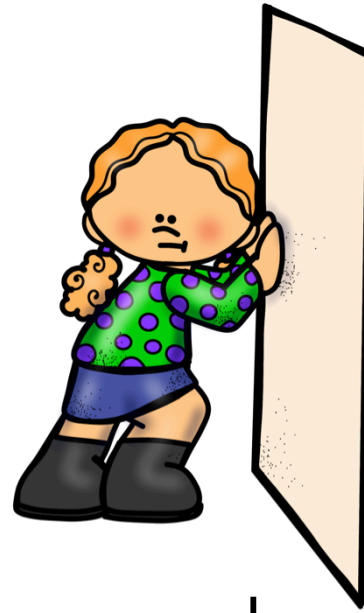
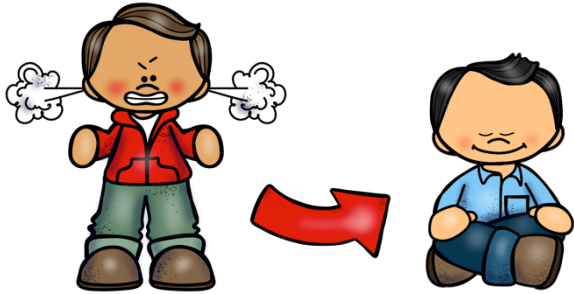
CROSS

A BIT IRRITATED

CALM



# Calming Strategy Cards



push



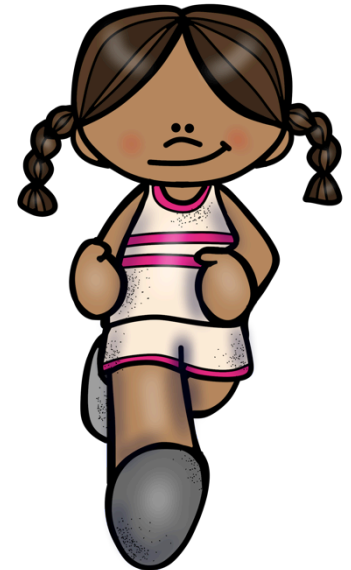
walk



jump



stretch



run



happy thoughts



relax



drink



quiet space



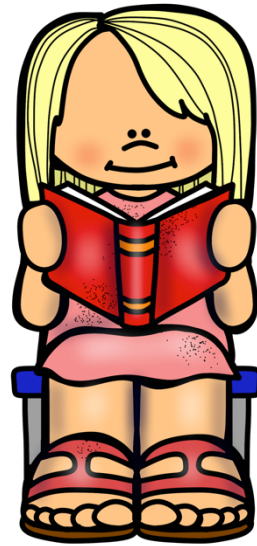
yoga



breathe



listen to music



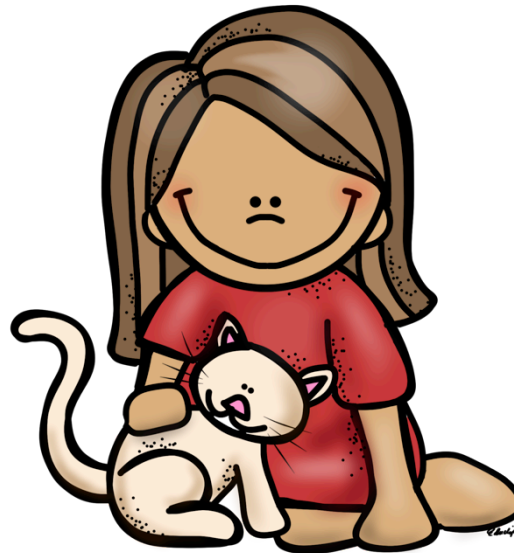
read a book



play with blocks



squeeze



pat a pet



count



paint



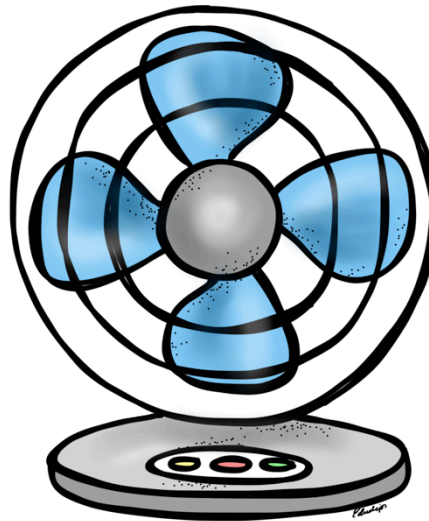
draw



play dough



hug a bear



feel a breeze



chew gum

