

MARCH 2017

POWERFUL PROJECT

ANGER MANAGEMENT

AGES 4-7



FIRST & LAST NAME: _____

Anger management means: "I can calm myself down when I feel angry!" We can count backwards from 10, take deep breaths, sing, dance, ask for a hug or take a break and wrap ourselves in a blanket when we are angry. One way to help us with our anger is by knowing where we feel it and how it feels in our body! Then we can DO something to release it! Below, draw an angry face in the girl and the boy. Then color in the areas where YOU feel anger and use the key to tell us what it feels like. See the box in the middle for an example!

Draw in an angry face!



KEY

Use the key to show what anger feels like for YOU. Draw the symbols and/or use the colors from the key to show where you feel it and what it feels like on either the boy body or the girl body!

TIGHT:

HOT:

TORNADO:

FAST:

SHAKY:

COLD:

Like this!



Draw in an angry face!

