

Anger Trading Cards

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If there's anything I know about my students it's that they LOVE trading cards - sports cards, cards from their favorite television show, any kind of cards. AND they've memorized virtually every statistic possible about their given characters or sports star.

However, they don't love learning every detail about controlling their anger quite as much, until I showed them these!

These cards are designed to look like their other favorite cards, but highlight various strategies for managing anger safely and effectively. Each card also features an interactive activity or technique to help students be successful.

These cards are great for activities (ideas below), or can be displayed as posters or held together on a ring for students to keep with them as a reminder.

Activity Suggestions:

- "Go Fish" or "Matching,": Print 2 or 4 sets and play as usual.
- "War": Print 3-4 sets. Play as usual - the card with the highest star difficulty wins.
- "Spoons": Print 4 sets. Play as usual.
- Have students draw 3 cards. Role play an anger scenario and have them act out one of their selected cards to manage their anger during the scenario.
- Charades: Students draw a strategy to act out while others guess.



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Enjoy!



Mini-Sized Cards

(2 1/2 x 3 1/2)

ANGER SKILLS
 VISUALIZATION

★★★★★ DIFFICULTY



TRY THIS!
 Don't just think about what your calm place looks like! Remember your other senses too!



HOW IT WORKS:
 When you think of a place that makes you feel calm (your house, the beach, a treehouse, or something else), it tricks your brain into forgetting about being angry and helps you calm down. This skills takes practice, so be sure to do it often, even when you're not mad!

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ANGER SKILLS
 WRITING

★★ DIFFICULTY



TRY THIS!
 If you've been in a bad mood lately try, spending 10-15 minutes before bed getting your thoughts out on paper!



HOW IT WORKS:
 Writing gives you a way to get thoughts and feelings of anger, sadness, and frustration out of your mind and onto paper. You'd be amazed how much better and more relaxed you will feel once you are able to get all of those negative feelings out of you!

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ANGER SKILLS
 GETTING A DRINK

★★★ DIFFICULTY



TRY THIS!
 If a drink isn't available, try finding something else physical to focus on! Something you can...

HEAR
 SMELL
 TASTE
 SEE
 TOUCH

HOW IT WORKS:
 Getting a drink of water when you're angry or frustrated not only can distract you for a few minutes to calm down but also gives your senses something physical to focus on instead of you giving all your attention to the negative emotions you're experiencing.

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ANGER SKILLS
 DEEP BREATHS

★★ DIFFICULTY



TRY THIS!
 IN FOR 2 -->
 HOLD FOR 2 -->
 square breathing
 OUT FOR 2 -->
 HOLD FOR 2 -->

HOW IT WORKS:
 When you take deep breaths, they slow your heart rate down and tell your body to make chemicals that calm you down, turn your brain back on, and make you happy. Plus, taking a minute to breathe gives you time to think about what you should do next.

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ANGER SKILLS
 ART

★ DIFFICULTY



TRY THIS!
 You don't have to be a good artist. Just relax and be creative!

HOW IT WORKS:
 Being creative turns on the parts of your brain that are used for problem-solving, which can help you think of how to fix whatever is making you angry. Creating art can also provide a way to think about the situation and your feelings.

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ANGER SKILLS
 LISTENING TO MUSIC

★ DIFFICULTY



TRY THIS!
 Make a playlist of songs that make you feel good!

HOW IT WORKS:
 Music can make you feel happy, sad, calm, or worked up depending on which songs you pick. Listening to music that makes you feel happy causes your body to relax and think about something positive to give you time to calm down and fix the problem.

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ANGER SKILLS ART



DIFFICULTY



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