

TRUE CHARACTER




A Balanced Approach to
Character Development

May 2022

Anger Management – Ages 7 & UP

Name: _____

Anger management means “I can calm myself down when I feel angry.” Each of us feels anger differently. When we think about what anger is trying to tell us, that is when we learn to manage it. Learning tools to be able to think while we are angry is vital. Below, fill in the blanks about how you feel when you are angry. Think about how your anger impacts you and what you can do to control it.

	My face feels	My hands	When I'm angry I breathe
	_____ _____	_____ _____	_____ _____
<h2>Anger Management</h2>			
How do you behave when you are angry?	What do you say when you are angry?		
_____ _____ _____ _____	_____ _____ _____ _____		

What could you achieve with your anger?

To control my anger, I like to: (Circle your favorite way)

Breathe deep

count to 10

talk about it

Other: _____