

# TRUE CHARACTER



A Balanced Approach to  
Character Development

May 2022

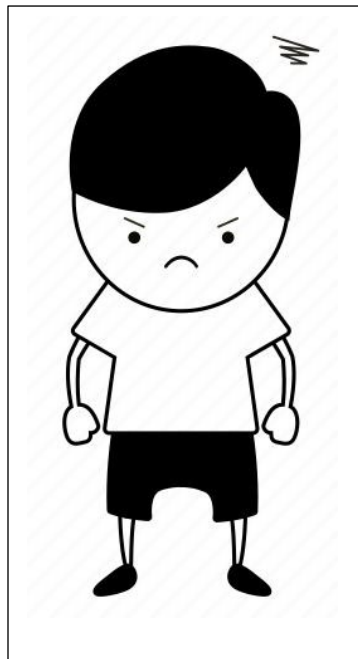
## Anger Management – Ages 4 to 7

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, match all the ways we may feel anger. THEN circle which one is how you feel when you are angry.

My face feels like:

My hands are:



My belly feels:

I breathe:

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

Breathe deep

count to 10

talk about it

Other: \_\_\_\_\_

Hot, sweaty, red

Frowning

Tight like a fist

In knots. It hurts

Hard and fast