

# 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.

If you want black and white pictures and a greater variety of calming ideas, visit my Teachers Pay Teachers Store

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

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

If you would like to take a look at my paid products you can find them at the stores below!

Liz



Teachers Pay Teachers

Teacher's Notebook



VERY  
ANGRY

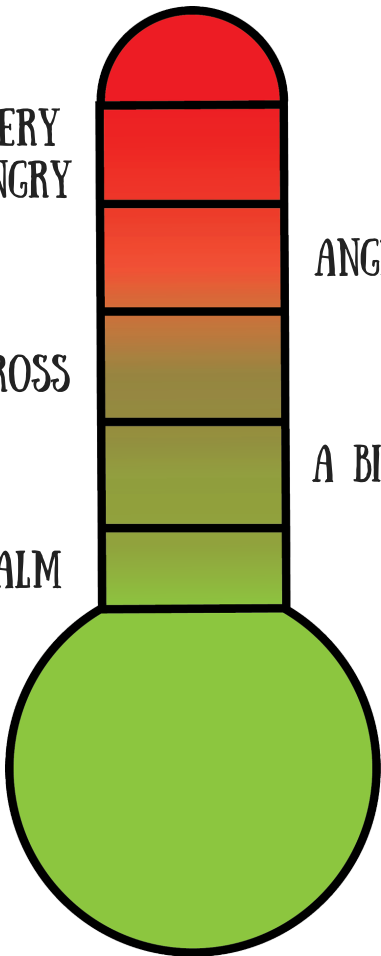


ANGRY

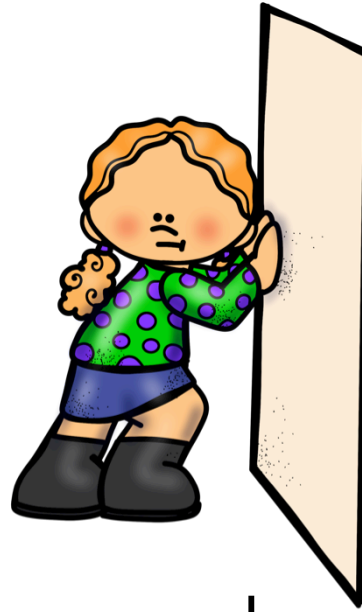
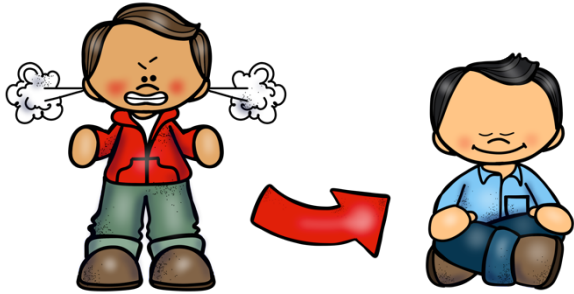
CROSS

A BIT IRRITATED

CALM



# Calming Strategy Cards



push



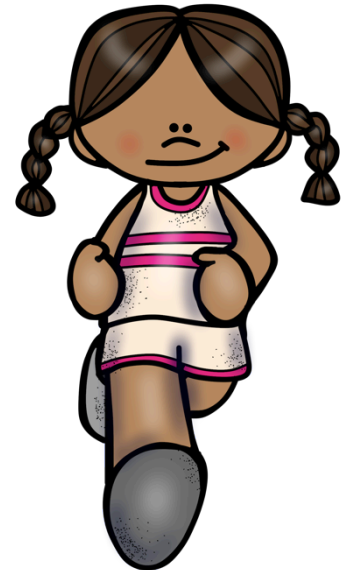
walk



jump



stretch



run



happy thoughts



relax



drink



quiet space



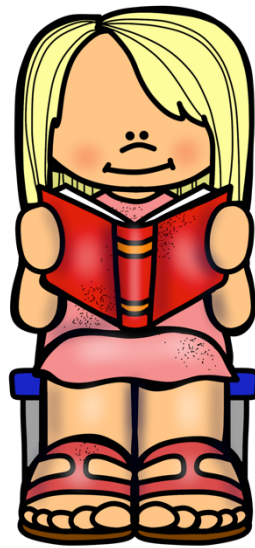
yoga



breathe



listen to music



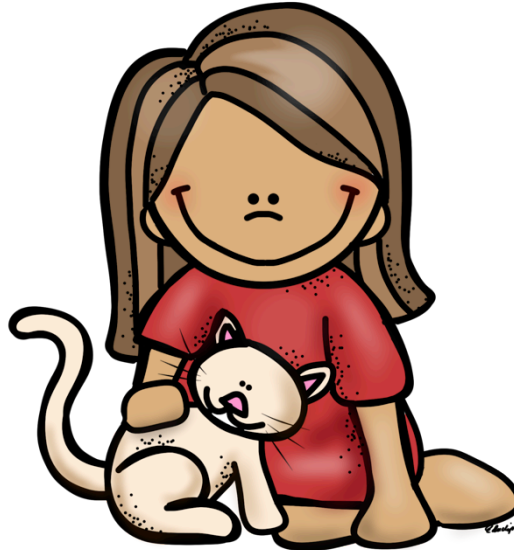
read a book



play with blocks



squeeze



pat a pet



count



paint



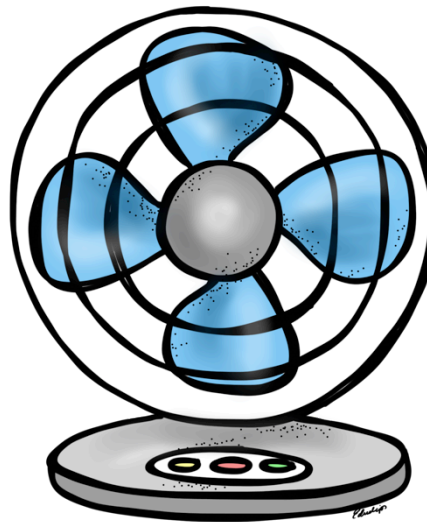
draw



play dough



hug a bear



feel a breeze



chew gum

