

# TEACHING KIDS ANGER MANAGEMENT STRATEGIES

by WholeHearted School  
Counseling

1. Walk away and cool down.



2. Take Steady Breaths and focus on exhaling slowly.



3. Count to 20 or more until you feel calmer.

222



4. Stretch or do yoga.



5. Use I-Statements & say how you feel, what you need & how you want to be treated.



6. Take a break and use a calming tool like a stress ball.



7. Exercise or play a sport.



8. Squeeze then relax your muscles.



9. Push against the wall or floor and then relax.



10. Scribble on paper or write about what's bugging you.



# Counseling For Anger

**David Kirk**



## **Counseling For Anger:**

Uncover the mysteries within is enigmatic creation, Discover the Intrigue in **Counseling For Anger** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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