Anger Management For Kids Worksheet

Whenever you feel yourself feeling angry, find this list and try one of the tips you learned today. Practice makes perfect! Make sure to give one a try each time you feel yourself getting angry.

Draw a picture of what you look like when you’re angry.
List a few things you learned about anger today.

1. 
2. 
3. 
4. 
5. 

Here are a few things to try next time something makes you angry. Give each one a try now, then check it off of the list when you’ve used it to control your anger.

**Tips For When You’re Feeling Angry**

- Take 5 slow, deep breaths.
- Take a walk outside and feel the fresh air.
- Count to 50.
- Talk about it with someone in a calm way.
- Write down what made you angry.
- Draw a picture of what your anger feels like.
- Ask yourself what the person who made you angry might be feeling.
Draw a line and match the angry feeling with the anger tip you feel would best help you manage your anger. There are no wrong answers!

<table>
<thead>
<tr>
<th>Feeling your heart beat fast.</th>
<th>Count to 50.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling like you want to hurt someone.</td>
<td>Go on a walk outside.</td>
</tr>
<tr>
<td>Saying hurtful things to someone else.</td>
<td>Draw what your angry feelings would look like.</td>
</tr>
<tr>
<td>Feeling your hands squeezing tight into a fist.</td>
<td>Take deep breaths.</td>
</tr>
<tr>
<td>Not knowing the words you need to describe why you are angry.</td>
<td>Talk to someone about why you are angry.</td>
</tr>
</tbody>
</table>