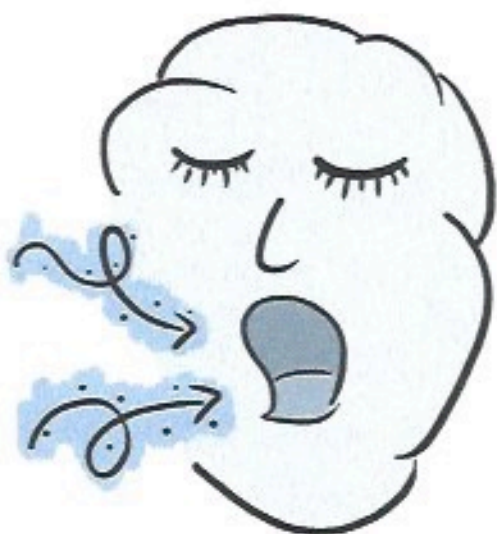


# Anger Management Skill Cards



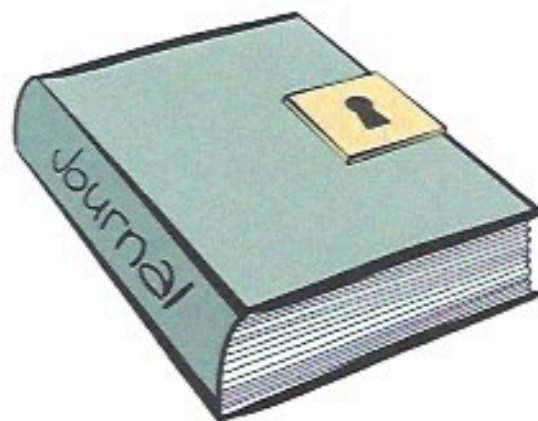
Take 20 Deep Breaths



Draw Your Anger

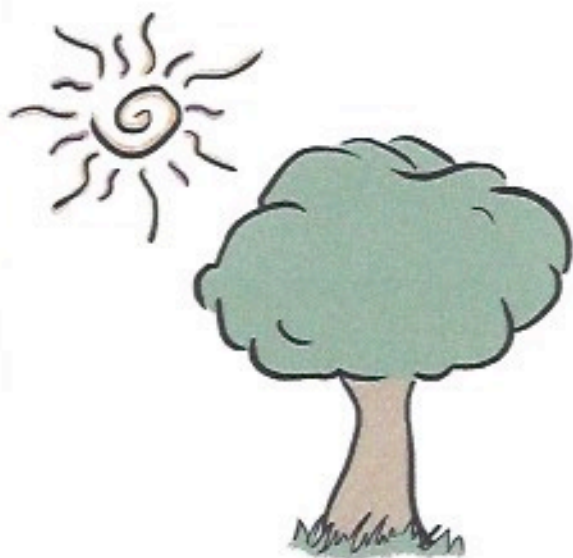


Do 50 Jumping Jacks



Write About Your Anger

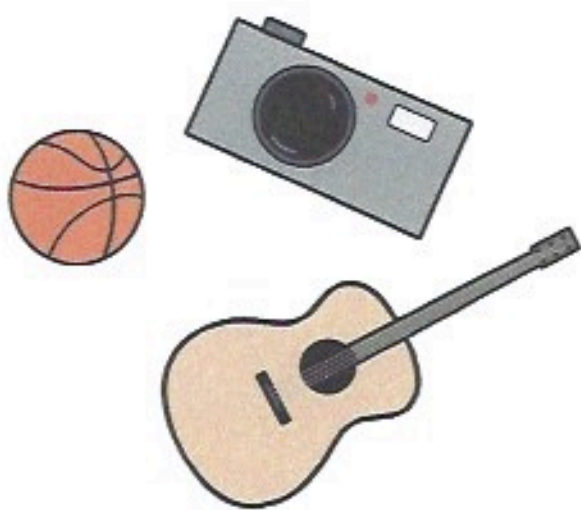
# Anger Management Skill Cards



Play Outside



Listen to Music



Practice a Hobby



Your Own Idea:

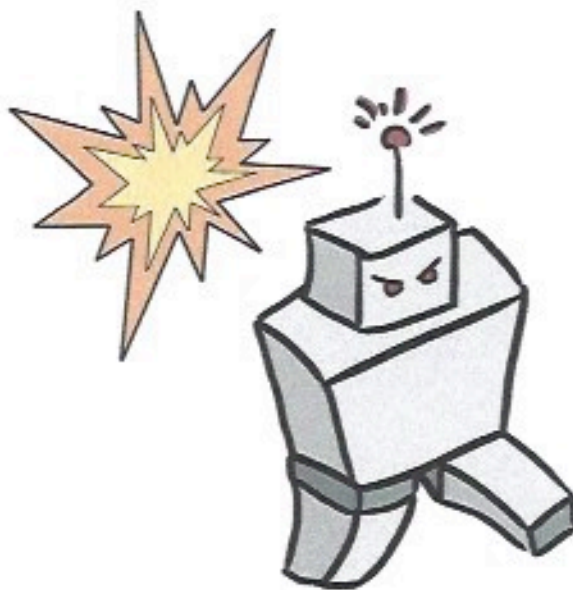
---



# Anger Management Skill Cards



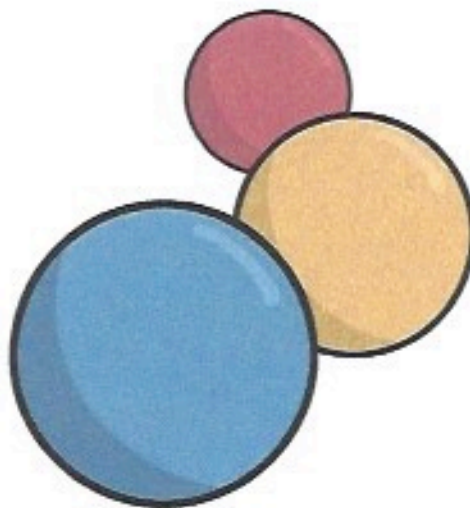
Count to 100



Walk Away



Talk to Someone about  
Your Problem



Squeeze a Ball