Anger Management Skill Cards

- Take 20 Deep Breaths
- Draw Your Anger
- Do 50 Jumping Jacks
- Write About Your Anger
Anger Management Skill Cards

Count to 100

Walk Away

Talk to Someone about Your Problem

Squeeze a Ball
Anger Management Skill Cards

1. Play Outside
2. Listen to Music
3. Practice a Hobby
4. Your Own Idea:

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