

**SIMPLY ROOTED FAMILY PRESENTS:**

# **QUIET THE STORM INSIDE**



**ANGER MANAGEMENT  
FOR KIDS**

# UNDERSTANDING

# Anger

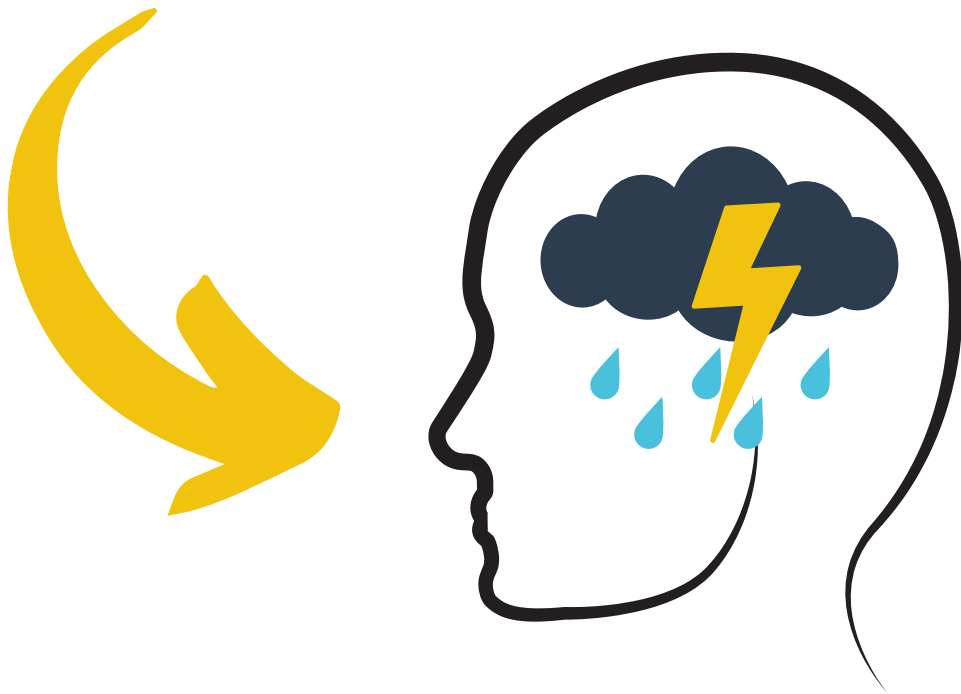
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Everyone has feels different emotions at different times. You may feel happy, sad, or worried.

Sometimes you may feel angry.

*and that's okay!*

Anger can feel like a storm inside your brain. You may not be able to think clearly. Your heart may be beating faster, or you may clench your fists.



When you learn to know when you are getting angry, you can discover ways to release the anger in a healthy way and feel happy again.

# WHAT ANGER

## Feels like

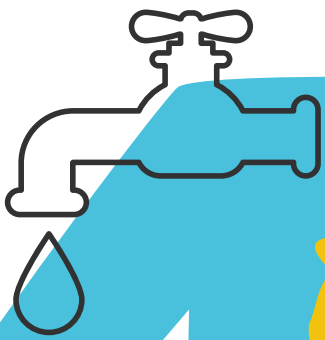
Anger can sometimes feel different to different people. It may feel like:



**A ROARING LION  
IN YOUR HEAD**



**CAUSE YOU TO  
SWEAT**



**A FAST BUNNY  
JUMPING IN YOUR  
CHEST**



**BUTTERFLIES IN  
YOUR BELLY**



How does it feel to you?  
(write or draw it here)

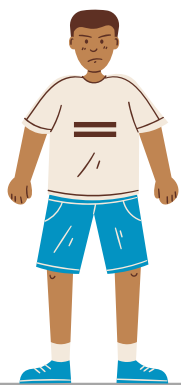


# WHAT CAUSES YOU TO

# Feel Angry

Everyone has "triggers" or things that make them angry.

- Do you get angry when someone laughs at you?
- Do you get upset when you lose a game?
- Are you angry when you are tired or hungry?
- Do you get mad when something is hard to do?



Fill this in:



I feel angry when:



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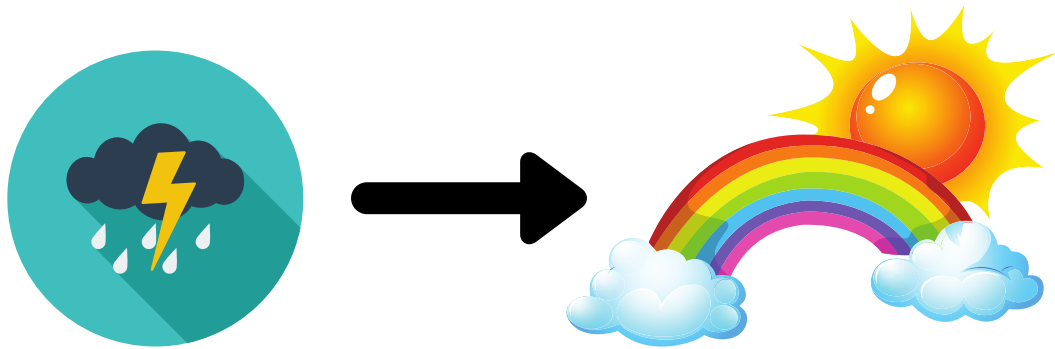
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# WHAT TO DO WHEN I

# Feel Angry

There are simple activities that you can do when you feel angry to make you feel better.



*First,*

Remember this: Don't lose control if you get angry. Taking it out on others never fixes anything.



Just like with a storm, there are things you can do to make it better.

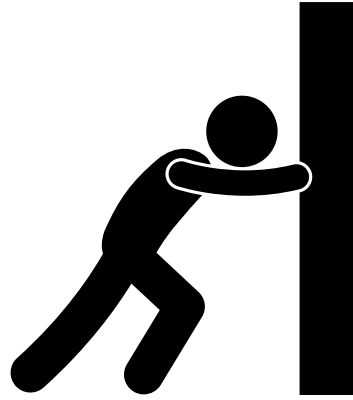
You can take a break and wait for the sun, or get an umbrella!

*Certain activities can help you!*

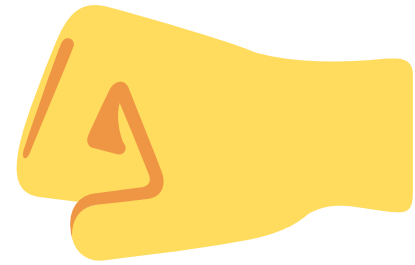
# Quiet the Storm

## ANGER MANAGEMENT ACTIVITIES FOR KIDS

If I feel like hitting, kicking, or pushing, I can:



Push a wall



Squeeze your fist, then relax 5 times

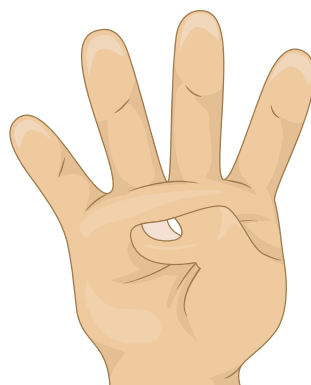


Take 5 minutes to do some stretches



Walk away and take 5 deep breaths

If I feel like yelling, screaming, or crying, I can:



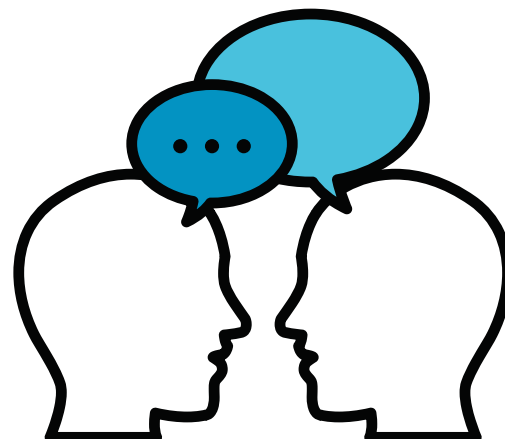
Count to 10



Listen to music



Think about something you love



Talk to someone you trust

# Remember:

**YOUR ANGER IS NOT THE BOSS OF YOU!  
IT'S JUST A STORM THAT NEEDS TO PASS.**

## Calm Down Cards FOR KIDS

WHEN YOU FEEL UPSET,  
TRY THESE ACTIVITIES

**BE A BIRD**



HUM "THE ABC'S", "ROW ROW ROW YOUR BOAT" OR YOUR FAVORITE SONG

**BE A TREE**



STAND TALL, TAKE A DEEP BREATH AND COUNT TO 10

**BE THE WIND**



PLACE YOUR HANDS IN FRONT OF YOUR FACE AND BLOW LONG DEEP BREATHS INTO YOUR HANDS

**BE A MONKEY**



TAKE A FEW MINUTES TO STRETCH, SHAKE IT OUT, OR EVEN DO SOMERSAULTS

**BE A FISH**



GO TO A SINK. RUN YOUR HANDS UNDER THE WATER OR SPLASH SOME ON YOUR FACE

**BE A WOLF**



GO TO A QUIET PLACE FOR SOME ALONE TIME. SIT QUIETLY



print, cut out, and staple for quick reference



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Page 1

## Calm Down Cards FOR KIDS

WHEN YOU FEEL UPSET,  
TRY THESE ACTIVITIES

**BE A KOALA**



FIND SOMEONE YOU CARE ABOUT AND ASK THEM FOR A HUG

**BE A HEART**



MAKE YOUR HANDS INTO A FIST. RELAX AND REPEAT 10 TIMES

**BE A SLOTH**



SLOWLY, STARTING WITH FINGERS AND TOES AND WORKING IN, RELAX AND SLOW DOWN YOUR BODY

**BE A LLAMA**



CHEW A PIECE OF GUM

**BE AN ARTIST**



DRAW A PICTURE SHOWING YOUR EMOTIONS

**BE A CATERPILLAR**



WRAP YOURSELF SNUG IN A BLANKET



print, cut out, and staple for quick reference



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Page 2