# 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.
- 4. Stretch or do yoga.
- 5. Use I-Statements & say how you feel what you need & how
- 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 what's bugging you

# **Anger Management Children Manual**

**Craig Winston LeCroy** 

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web voila finally the cinderella story script is here for all you quotes spouting fans of the movie starring hilary duff this script is a transcript that was painstakingly transcribed using the screenplay and or viewings of cinderella story i know i know i still need to get the cast names in there and i ll be eternally tweaking it so if you have any corrections feel

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