Anger Management Techniques

Visualize happy memories	15 Pushups	Dance	Take a time out	Read
Box Breathing	Talk to staff	Rip Paper	20 Jumping Jacks	Squeeze a stress ball
Talk out the anger out loud	Visualize loved ones	Free space	Acknowledge your emotions	Listen to music
Play cards	Take a walk	Progressive muscle relaxation	Imagine 1-2 consequences of poor anger management	Rearrange a room
Drawing/Coloring	Ask a staff member their favorite way to deal with anger	Scream into a pillow	Write in a journal	Count to 10

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Anger Management Techniques

Visualize loved ones	20 Jumping Jacks	Take a time out	Box Breathing	Rip Paper
Dance	Write in a journal	Read	Ask a staff member their favorite way to deal with anger	Squeeze a stress ball
Play cards	Acknowledge your emotions	Free space	Listen to music	15 Pushups
Imagine 1-2 consequences of poor anger management	Scream into a pillow	Visualize happy memories	Count to 10	Take a walk
Progressive muscle relaxation	Rearrange a room	Talk out the anger out loud	Talk to staff	Drawing/Coloring

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Anger Management Techniques

Ask a staff member their favorite way to deal with anger	Scream into a pillow	20 Jumping Jacks	Rearrange a room	Acknowledge your emotions
Visualize happy memories	Play cards	Progressive muscle relaxation	Talk to staff	Read
Talk out the anger out loud	Count to 10	Free space	Take a walk	Imagine 1-2 consequences of poor anger management
Visualize loved ones	Squeeze a stress ball	Take a time out	Write in a journal	Dance
Listen to music	15 Pushups	Rip Paper	Box Breathing	Drawing/Coloring

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