Anger Management

Watch TV	Arts and Crafts	Exercise	Talk to staff	Play cards
Deep breathing	Visit your family	Take a walk	Cooking	Talk to a friend
Think about loved ones	Watch a movie	**FREE**	Count to 10	Help a friend
Listen to music	Think about happy memories	Painting	Go outside	Read
Football	Dance	Take time out	Write in a journal	Drawing

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Anger Management

Watch a movie	Cooking	Talk to staff	Deep breathing	Take a walk
Exercise	Write in a journal	Play cards	Dance	Talk to a friend
Listen to music	Count to 10	**FREE**	Help a friend	Arts and Crafts
Go outside	Take time out	Watch TV	Drawing	Think about happy memories
Painting	Read	Think about loved ones	Visit your family	Football

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Anger Management

Dance	Take time out	Cooking	Read	Count to 10
Watch TV	Listen to music	Painting	Visit your family	Play cards
Think about loved ones	Drawing	**FREE**	Think about happy memories	Go outside
Watch a movie	Talk to a friend	Talk to staff	Write in a journal	Exercise
Help a friend	Arts and Crafts	Take a walk	Deep breathing	Football

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