

Anger Management Bingo

Visit your family	Cooking	Identify possible solutions	Talk to your Therapist	Take a shower or bath
Excerise	Use the 'I' statements	Talk to a friend	Count to 10	Use a Stress Ball
Dance	Take a walk	FREE	Physical Release Of Anger	Use humor
Play cards	Think about loved ones	Read	Talk to staff	Journaling
Identify your feelings	Take a time out	Deep breathing	Drawing	Think about happy memories

Anger Management Bingo

Listen to music	Dance	Physical Release Of Anger	Use the 'I' statements	Count to 10
Visit your family	Use humor	Take a walk	Talk to your Therapist	Take a time out
Play cards	Take a shower or bath	FREE	Exercise	Identify possible solutions
Talk to a friend	Watch TV	Think about happy memories	Think about loved ones	Deep breathing
Drawing	Talk to staff	Cooking	Read	Write or recite positive affirmations

Anger Management Bingo

Watch TV	Go outside	Dance	Think about happy memories	Exercise
Take a walk	Help a friend	Write or recite positive affirmations	Count to 10	Visit your family
Read	Drawing	FREE	Talk to your Therapist	Physical Release Of Anger
Identify possible solutions	Listen to music	Cooking	Identify your feelings	Take a time out
Talk to staff	Use the 'I' statements	Think about loved ones	Play cards	Use a Stress Ball