Don’t Be an Angry Bird
Lessons on Anger Management for Kids

Some inappropriate ways of expressing anger:

- Angry eyes
- Cutting words
- Throwing objects
- Body out of control
Don’t Be an ANGRY BIRD

angry eyes

cutting words

throwing objects

body out of control
COOL DOWN STRATEGIES

birds nest
a quiet, calm place

balloon breathing
slow, deep breaths

warm your heart

A great way to let go of anger inside our hearts is to forgive the people that have made us angry.

boomerang bird
stop and think how your actions will affect yourself and others

mighty eagle
an adult that can step in to help
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Don’t be a bully

Anger can spread

Direct your anger appropriately

Anger triggers

[Website: thehometeacher.blogspot.com]
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