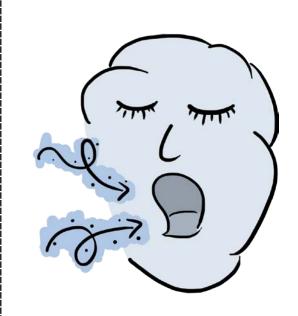
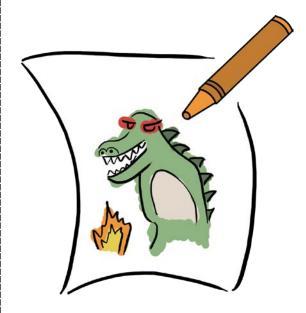
## Anger Management Skill Cards



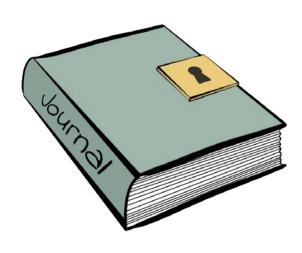
Take 20 Deep Breaths



**Draw Your Anger** 

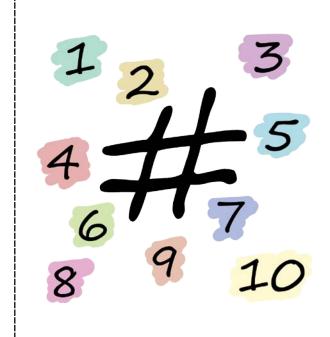


Do 50 Jumping Jacks

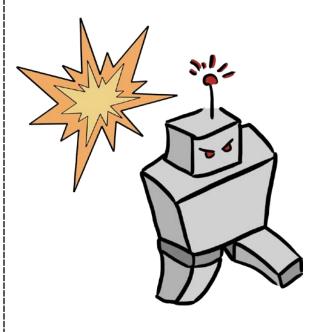


Write About Your Anger

## Anger Management Skill Cards



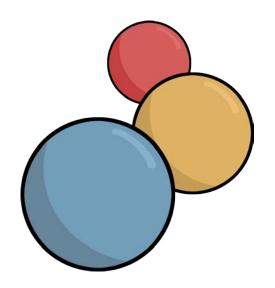
Count to 100



Walk Away

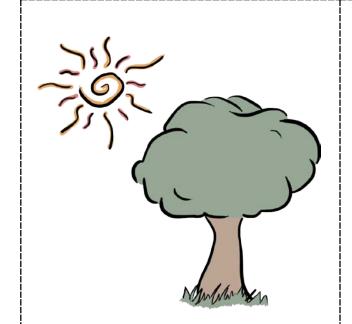


Talk to Someone about Your Problem



Squeeze a Ball

## Anger Management Skill Cards



Play Outside



Listen to Music



Practice a Hobby



Your Own Idea: