

Anger Skill Cards

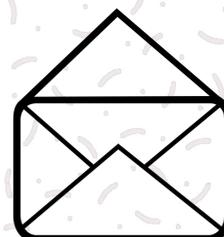
For ages 4 - 11

When we get angry it can be hard to know how to deal with all of the emotions in a healthy way. Anger skill cards can help children find ways to cope with these big feelings.

It is a good chance for you to talk and think together about how you can manage anger better in your family.

Things you will need:

- Paper or card
- Colouring pencils
- Scissors
- A small envelope



How to make the skill cards...

Get your child to cut paper/card into 8-12 pieces (give them a hand if needed).

Have a think together then write or draw a different activity that they can do when they feel angry.

You could try;

- Take 20 slow, deep breaths
- Go for a walk
- Punch a pillow
- Write about your anger
- kick a ball against a wall
- Do 10 star jumps

Make sure your child likes the ideas that you both decide on. Practice a few of the activities whilst you chat. Your child will link them to a time when they felt happy and calm with you.

Once you have filled in as many cards as you can – put them in the envelope. Put them somewhere that you will both remember.

Anger Skill Cards



How to use them...

Let your child know the cards are there for them to use whenever they feel themselves getting angry.

You can remind your child the cards are there when you notice them struggling. You could say 'would now be a good time to try an anger card activity?'

Your child could tell school about the cards and use them there too if they wanted to.

Let your child take charge of the cards activity. Let them choose any card they want. Give them time and space. They might want to try more than one.

In time they will learn how to make good choices for themselves without reminders from you or the cards.