



ANGER CATCHER DIRECTIONS

1. Cut out the anger catcher and turn it face down. 2. Fold each corner towards the center so that the numbers and colors are facing you. 3. Turn it over and again fold each corner into the center so that the color names are visible. 4. Fold it in half so that the color names are touching and the numbers are on the outside. Now open it and fold it in half the other way. 5. Insert your thumb and first finger of each hand (pinching motion) under the number flaps. 6. Close the anger catcher so only the numbers show.

TO USE: Pick a number and open and close the anger catcher that number of times. Next, pick a color and spell out the color name, opening and closing the anger catcher for each letter. Then pick a color that is visible and open that flap. Read what it says and practice that anger management technique! This game can be played with one or two players and is a great way to teach self-soothing techniques.

TURQUOISE

ORANGE

YELLOW

RED

Take a Walk

You could say: "I need a minute to calm down". Remind yourself: "I have the power to change my anger"

5 Senses

Look: name 5 things you can see . Feel: name 4 things you can feel . Listen: name 3 things you can hear .Smell: name 2 thing you can see Taste: name 1 thing you can taste

PINK

Get a drink of water. Splash water on your face

Talk It Out With a Trusted Adult

PURPLE

Get Exercise Play Outside, ride a bike run, jump, hike, play a game

BLUE

Try Rainbow Breathing

Breathe in as you slowly raise both arms straight up above your shoulders. o Hold your breath and arms up for 3-5 seconds. o Breathe out as you slowly lower your arms until they are level with your shoulders.

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Try Take 5 Breathing

1. Make a Fist 2. Breathe in and out 3. Stick out your thumb 4. Breathe in and out 5. Stick out your index finger 6. Breathe in and out 7. Stick out your middle finger 8. Breathe in and out 9. Stick out your ring finger 10. Breathe in and out 11. Breathe in and out 12. Stick out your pinky finger

Talk It Out With a Trusted Adult