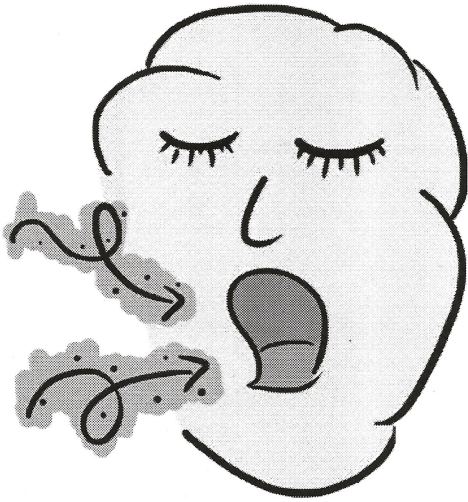


# Anger Management Skill Cards



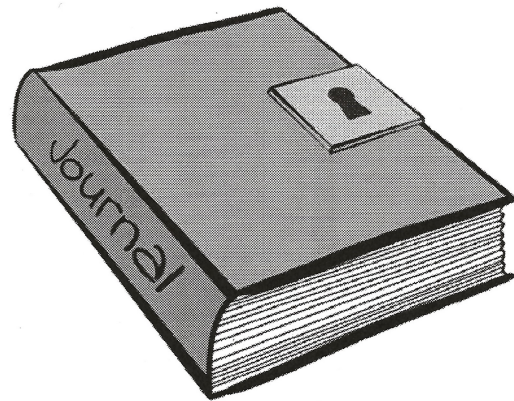
Take 20 Deep Breaths



Draw Your Anger

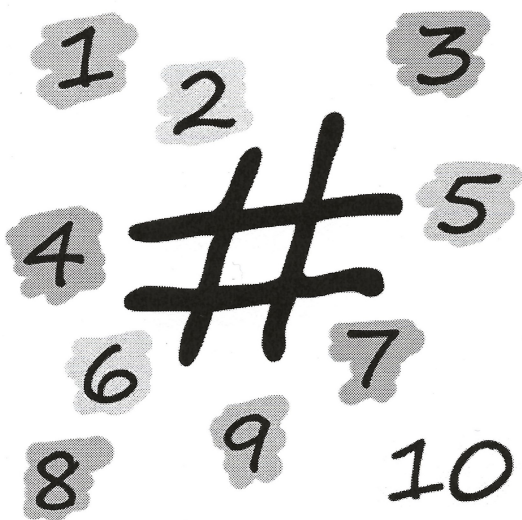


Do 50 Jumping Jacks

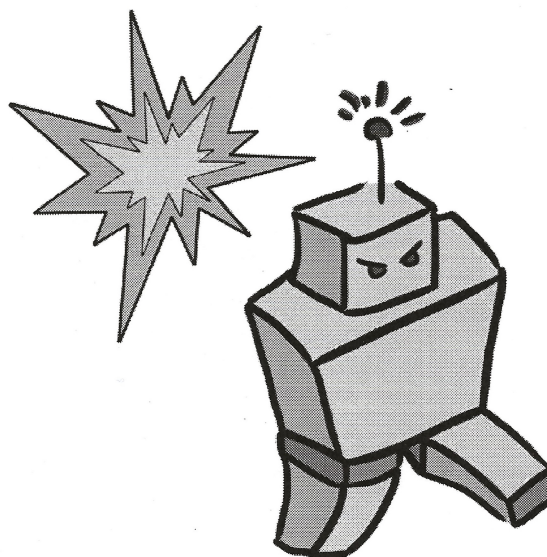


Write About Your Anger

# Anger Management Skill Cards



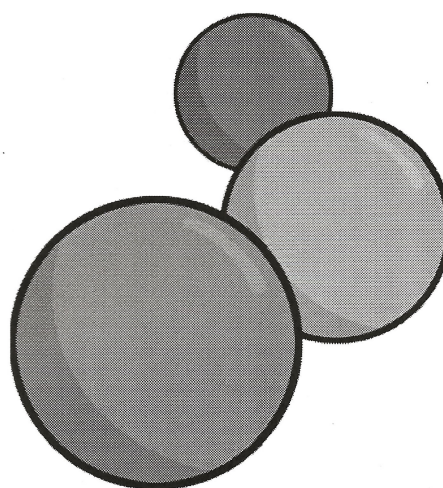
Count to 100



Walk Away



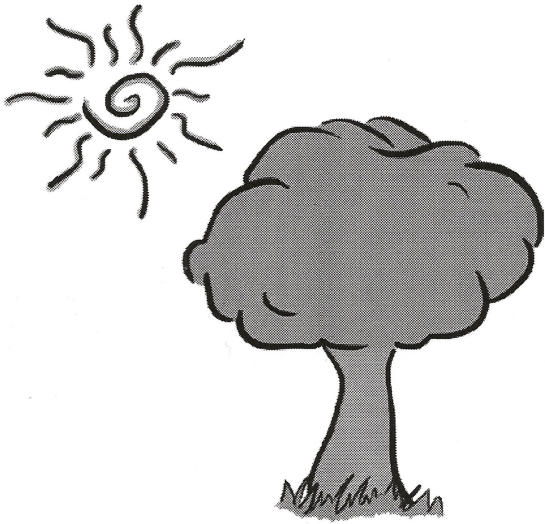
Talk to Someone about  
Your Problem



Squeeze a Ball



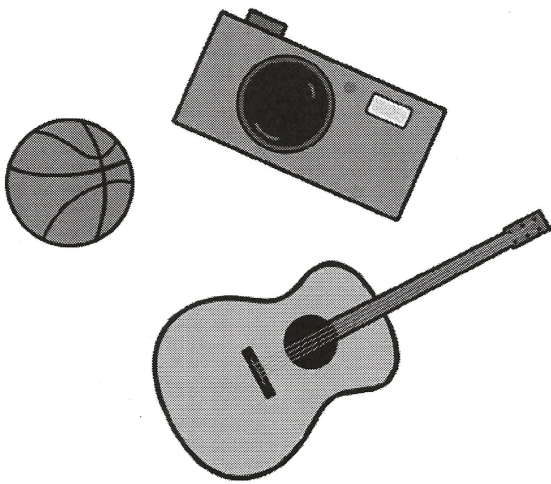
# Anger Management Skill Cards



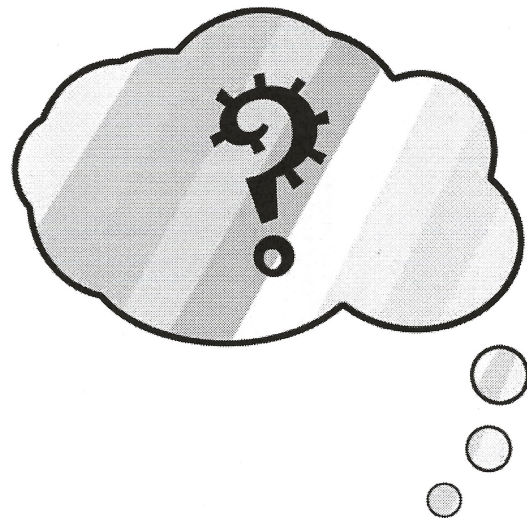
Play Outside



Listen to Music



Practice a Hobby



Your Own Idea:

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