

Where to Start

Anger Management

Student: _____

Date: _____

How to use this

Watch him for a week before ticking. Teach the first skill with any unticked box.

ALONE PROMPTED NOT YET

1. Noticing the Warning Signs

Face feels hot

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Hands make fists

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Breathing gets fast

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2. What Sets Me Off

Being interrupted

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Losing a game

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Being told no

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3. Cool-Down Tools

Slow breathing — in for four, out for four

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Counting slowly to ten

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Walking away to a quiet spot

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4. Using Words Instead

"I don't like it when —"

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"I'm angry because —"

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"Please stop —"

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5. Making It Right After

1. Wait until you are calm — do not repair at a 5

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2. Say what you did — short and plain

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3. Say what you will do next time

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Start here:

The first skill with an unticked box. Teach one at a time — do not run several at once.

