

Print Pack

Anger Management

Everything printable for this unit, in the order you will teach it.

Print at full size — do not scale to fit

Everything is US Letter. Card sets have cut guides.

PAGE	WHAT IT IS	HOW MANY
2	Do / Not Yet poster — cooldown	One, for the wall
3	Do / Not Yet poster — repair	One, for the wall
4	Do / Not Yet poster — signs	One, for the wall
5	Do / Not Yet poster — triggers	One, for the wall
6	Do / Not Yet poster — words	One, for the wall
7	Repair steps chart	One, for the wall
8	Scale poster	One, for the wall
9	Warning signs poster	One, for the wall
10	Cool down tool cards	One set, cut and kept together
12	Repair practice cards	One set, cut and kept together
14	Sentence starter cards	One set, cut and kept together
16	Trigger cards	One set, cut and kept together
18	Team scoreboard	One per competition
19	Cool down corner sign	One copy
20	My warning signs sheet	One copy



Picking a Cool-Down Tool

Which one used a tool?

✓ GOOD



- ✓ Moved to the quiet corner
- ✓ Sat down before it built up
- ✓ Slow deep breaths
- ✓ Coming back down

✗ NOT YET



- ✗ Stayed at the desk
- ✗ Pushed the book away
- ✗ No tool used
- ✗ Still climbing

Remember:

Notice the sign. Pick one tool. Use it early.

Making It Right After

Which one finished the job?

✓ GOOD



- ✓ Waited until calm
- ✓ Put the chair back up
- ✓ Fixed what he knocked over
- ✓ Ready to carry on

✗ NOT YET



- ✗ Walked out
- ✗ Left it on the floor
- ✗ Someone else has to fix it
- ✗ Nothing put right

Remember:

Wait till calm. Say what I did. Say what I'll do next time.

My Body Tells Me First

Which one noticed it early?

✓ GOOD



- ✓ Noticed his tight fists
- ✓ Looked at what his body was doing
- ✓ Caught it early
- ✓ Still able to choose

✗ NOT YET



- ✗ Jaw tight, shoulders up
- ✗ Staring straight ahead
- ✗ Too worked up to notice
- ✗ Past the early stage

Remember:

My body tells me first. I can notice it early.

Knowing What Sets Me Off

Which one moved before it built up?

✓ GOOD



- ✓ Noticed it starting
- ✓ Took his book and moved
- ✓ Chose a quieter seat
- ✓ Out before it grew

✗ NOT YET



- ✗ Stayed in the noise
- ✗ Hands over his ears
- ✗ Waited for it to pass
- ✗ It kept building

Remember:

If I know what sets me off, it does not catch me by surprise.

Saying It With Words

Which one will get his problem solved?

✓ GOOD



- ✓ Went to a staff member
- ✓ Explained what was wrong
- ✓ Calm voice
- ✓ Said it once

✗ NOT YET



- ✗ Arms folded, turned away
- ✗ Refusing to talk
- ✗ Heading for the door
- ✗ Problem still there

Remember:

Say it with words. Say it once. Say it calmly.

Making It Right

What to do after you lose your temper

1

WAIT UNTIL YOU'RE CALM

Not at a 5. Come back when the number is down.

2

SAY WHAT YOU DID

Short and plain. "I shouted at you."

3

SAY WHAT'S NEXT TIME

"Next time I'll ask for a break."

Repair is not:

Explaining why it was somebody else's fault

A long speech — three sentences is plenty

A punishment. It is how you move on.



How Big Is It Right Now?

Cool-down tools work best at 2 or 3 — not at 5

5

BOILING

Shouting, hitting, throwing. Too late for tools.

4

VERY ANGRY

Loud voice, fists, hard to hear anyone.

3

ANGRY

Face hot, breathing fast. Use a tool now.

2

ANNOYED

Something is bothering me. Best time to act.

1

CALM

Everything is fine.

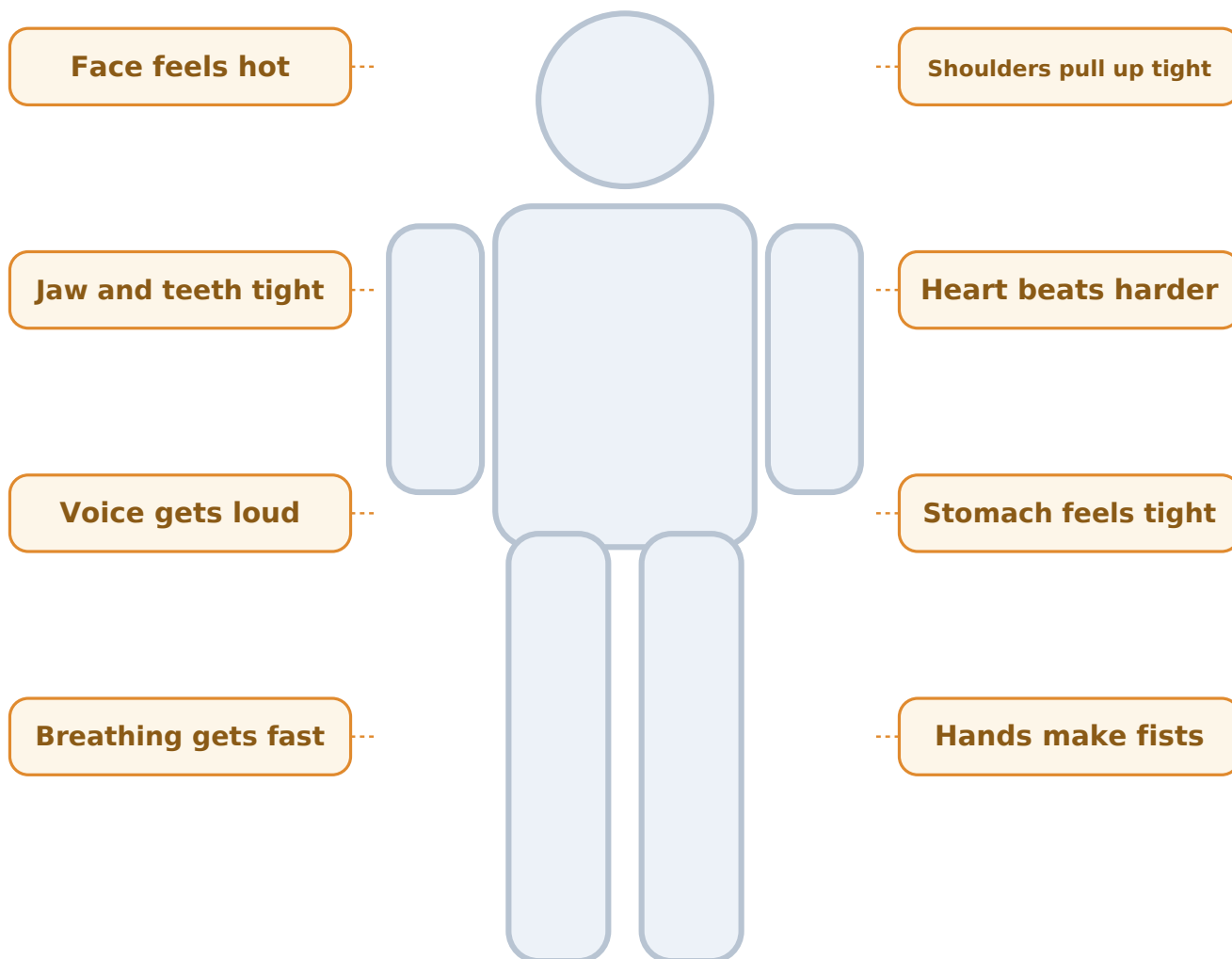
“What number are you at?”

Ask it early and often — including on calm days.



My Body Tells Me First

The warning signs that come before anger takes over



Catch it early — while you still have choices

The first sign is the easiest one to do something about.



Cool-Down Tool Cards

Print a set per student. He picks two and keeps them in a pocket or desk.

SLOW BREATHING

In for four, out for four

USE IT AT THE FIRST WARNING SIGN

COUNT TO TEN

Slowly, in your head

USE IT AT THE FIRST WARNING SIGN

WALK AWAY

To the quiet corner

USE IT AT THE FIRST WARNING SIGN

ASK FOR A BREAK

"I need a break."

USE IT AT THE FIRST WARNING SIGN

GET A DRINK

Water fountain and back

USE IT AT THE FIRST WARNING SIGN

TELL SOMEONE

A staff member you trust

USE IT AT THE FIRST WARNING SIGN

Social Skills Program • Anger Management Unit • Week 3 • 8 cards



Cool-Down Tool Cards

Print a set per student. He picks two and keeps them in a pocket or desk.

SIT DOWN

Somewhere quieter, away from the noise

USE IT AT THE FIRST WARNING SIGN

SHOW YOUR CARD

When talking is too hard right now

USE IT AT THE FIRST WARNING SIGN



Repair Practice Cards

Made-up situations for role-play. Never ask a student to use a real one.

PRACTICE 1

You shouted at somebody during a game

Wait till calm · Say what you did · Say what's next time

PRACTICE 2

You walked out and slammed the door

Wait till calm · Say what you did · Say what's next time

PRACTICE 3

You said something unkind when you were angry

Wait till calm · Say what you did · Say what's next time

PRACTICE 4

You knocked something over on purpose

Wait till calm · Say what you did · Say what's next time

PRACTICE 5

You refused to answer anyone for an hour

Wait till calm · Say what you did · Say what's next time

PRACTICE 6

You broke something that belonged to someone else

Wait till calm · Say what you did · Say what's next time

Social Skills Program · Anger Management Unit · Week 5 · 8 cards



Repair Practice Cards

Made-up situations for role-play. Never ask a student to use a real one.

PRACTICE 7

**You called someone a
name**

Wait till calm · Say what you did · Say what's next time

PRACTICE 8

**You threw your work
on the floor**

Wait till calm · Say what you did · Say what's next time



Sentence Starters — Say It Instead of Show It

Students practise these out loud while calm, then use them for real.

SAY IT WITH WORDS

**“I don’t like it when
—”**

When somebody keeps doing something

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

**“I’m angry because
—”**

When you want them to know why

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

“Please stop —”

When you need it to stop now

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

“I need a break.”

When you have to leave the room

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

**“Can you help me
with —”**

When the work is the problem

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

**“That’s not fair
because —”**

When you want to explain, calmly

CALM VOICE • SAY IT ONCE

Social Skills Program • Anger Management Unit • Week 4 • 10 cards



Sentence Starters — Say It Instead of Show It

Students practise these out loud while calm, then use them for real.

SAY IT WITH WORDS

“I was using that.”

When somebody took your things

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

“It’s too loud for me.”

When the room is the problem

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

“Can I have a turn?”

When you were skipped

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

“I need a minute.”

When you are not ready to talk yet

CALM VOICE • SAY IT ONCE



Trigger Cards — What Sets Me Off

Students sort into easy, medium, or hard — and name a plan for the hard ones.

CARD 1

Somebody interrupted me

Easy · Medium · Hard for me

CARD 2

I lost a game

Easy · Medium · Hard for me

CARD 3

I was told no

Easy · Medium · Hard for me

CARD 4

Somebody teased me

Easy · Medium · Hard for me

CARD 5

The plan changed suddenly

Easy · Medium · Hard for me

CARD 6

Somebody took my things

Easy · Medium · Hard for me

Social Skills Program • Anger Management Unit • Week 2 • 12 cards



Trigger Cards — What Sets Me Off

Students sort into easy, medium, or hard — and name a plan for the hard ones.

CARD 7

I had to wait a long time

Easy · Medium · Hard for me

CARD 8

Somebody skipped my turn

Easy · Medium · Hard for me

CARD 9

I could not do the work

Easy · Medium · Hard for me

CARD 10

Somebody laughed while I talked

Easy · Medium · Hard for me

CARD 11

I was told to stop something I liked

Easy · Medium · Hard for me

CARD 12

It was loud and crowded

Easy · Medium · Hard for me

Social Skills Program · Anger Management Unit · Week 2 · 12 cards



Anger Unit Scoreboard

Week _____ Skill _____ Date _____

TEAM 1

Point for...

TEAM 2

Point for...

TOTAL

TOTAL

Social Skills Program • Only add points — never take them away.



Created and directed by Rabbi Shmeil Twersky, MEd

Cool-Down Corner

You can come here any time. You don't have to ask first.

- 1 Sit down and get comfortable**
- 2 Breathe slowly — in for four, out for four**
- 3 Stay as long as you need**
- 4 Come back when your number has come down**

Nobody is in trouble for being here.



My Warning Signs

Tick the ones that happen to you. Circle the one that comes first.

Name: _____

Date: _____

☐

Face feels hot

☐

Jaw and teeth tight

☐

Voice gets loud

☐

Heart beats harder

☐

Breathing gets fast

☐

Shoulders pull up tight

☐

Stomach feels tight

☐

Hands make fists

☐

Something else: _____

My first warning sign is:

Keep this where you can see it. Staff: add the student's tools from Week 3.

