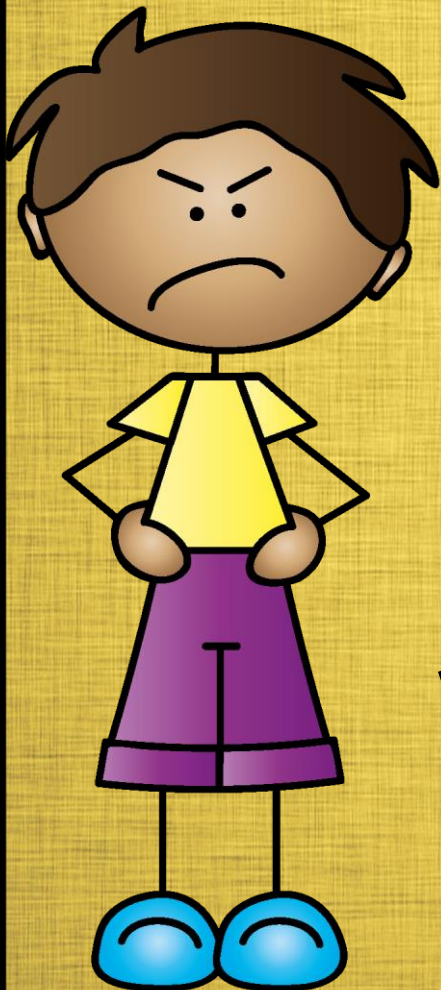


Identifying Triggers

FOR ANGER



Freebie



If You Enjoy This Freebie...

Consider purchasing the [Anger and Frustration Toolkit](#) that focuses on teaching skills and coping strategies for kids dealing with anger and frustration.

The image features a central title card with a teal background and white dashed border that reads "Anger & Frustration Toolkit". Below the title is a black cloud-shaped box containing the text "Lessons, Activities, Worksheets, and More!". To the right of the title card is a cartoon illustration of a boy with spiky blonde hair, a white t-shirt, and a purple striped scarf, looking angry with a furrowed brow and a small frown. The background is a collage of various worksheets from the toolkit, including:

- Noticing the Physical Effects of Anger:** A worksheet with a "Name:" and "date:" field. It includes the text: "Can you tell when you are getting angry? It's important that you can do this well, you can learn how to stop yourself and control how you react when angry. Since we're all different, every person reacts differently." It also says: "View the diagram and consider each of the effects of anger. Write down how you feel. When you feel better, help, consider the most recent time you were angry." There is a small diagram of a face with an arrow pointing to the cheek and the text "Face feels hot and gets red".
- Calm Down Box:** A worksheet with a "Name:" and "date:" field. It says: "A 'calm down box' is a great tool that will contain items that help you calm down stress and anger levels in a positive way. It's a box of comfort. After gathering the items, place them in a box and keep it in a place where you can get to it when you're at home and school, that's okay." It includes a checklist: "Calm Down Box. Remember, this box is for YOU so you choose which items you will add to help you plan." and "Journal to write in Crayons and other drawing items".
- Stop Sign Visual:** A worksheet with a "Name:" and "date:" field. It says: "When you begin noticing that you are getting angry, put a stop sign in front of you to help you remember to STOP and take a minute to think about something you might do differently." It features a large red octagonal stop sign with the word "STOP" and a smaller "a" and "T" below it.
- Communication Sheet:** A worksheet with a "Name:" and "date:" field. It shows two cartoon figures, one labeled "Mad" and the other "Very Angry".
- My calm box:** A worksheet with a grid of boxes for items to put in a calm box. The items listed are: "A snack", "Help from an adult", "5 minutes to myself", "To write in my journal", and "To work by myself".

Name: _____

Date: _____

My Anger Triggers

What makes you feel angry? List as many triggers as you can for feeling angry.

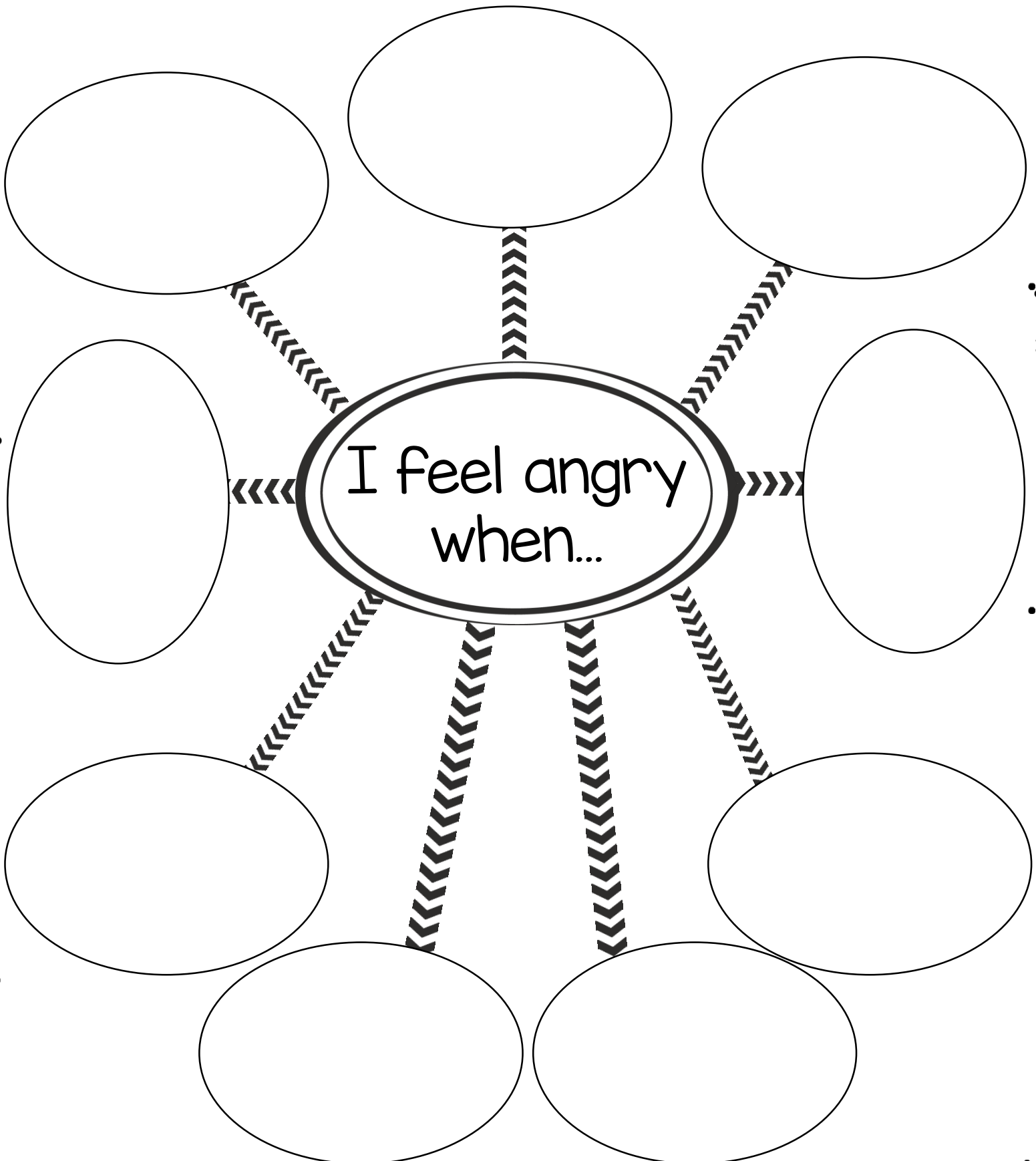


Name: _____

Date: _____

My Anger Triggers

What makes you feel angry? List as many triggers as you can for feeling angry.



Name: _____

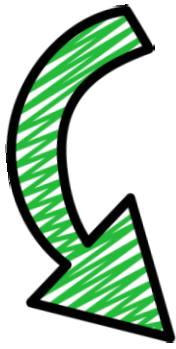
Date: _____

My Anger Log

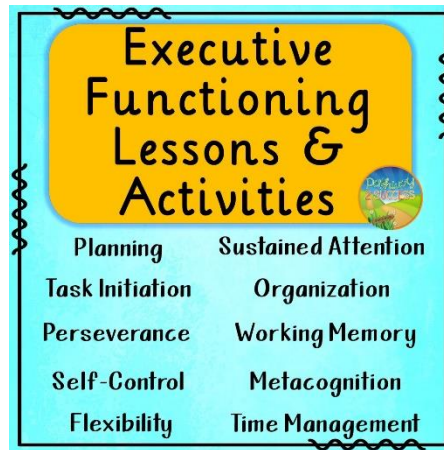
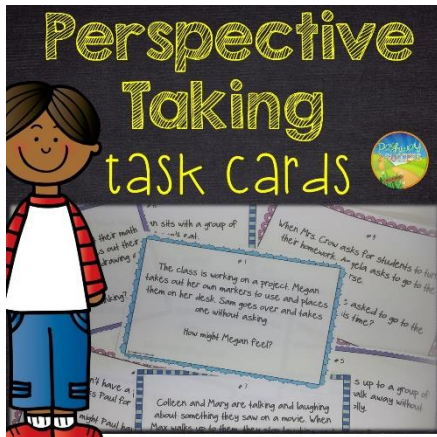
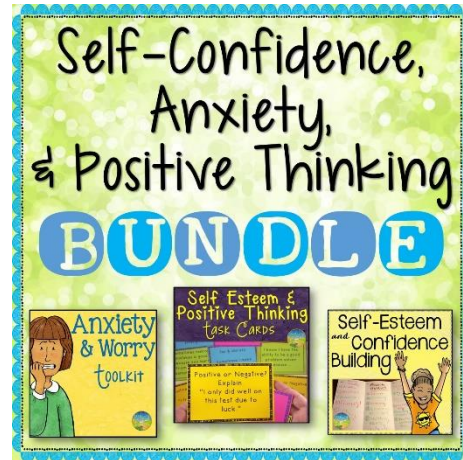
When you feel angry, write in this log to help keep track of when and why you felt that way.

Date and Time	Where You Felt Angry	Why You Felt Angry

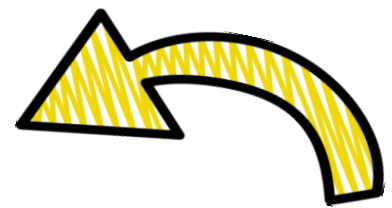
MORE Guidance & Counseling!



Build confidence, encourage positive thinking, and reduce anxiety.

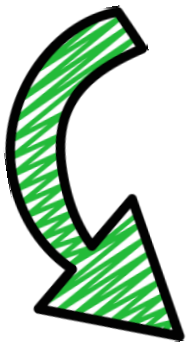


Lessons, worksheets, task cards, and practice to teach the necessary skills kids need.

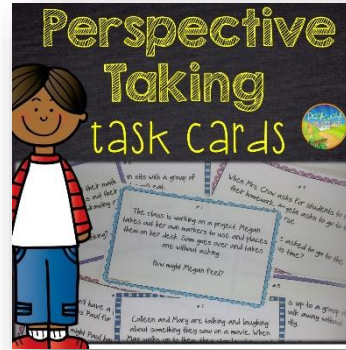


Click here to check out all of my guidance and counseling materials!

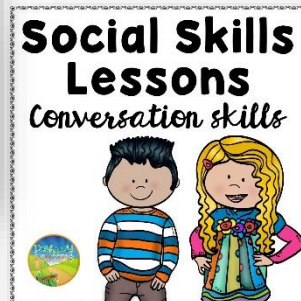
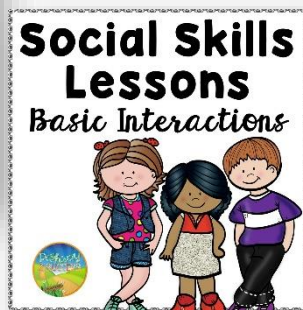
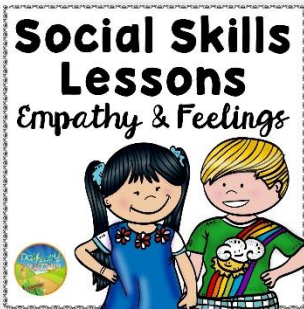
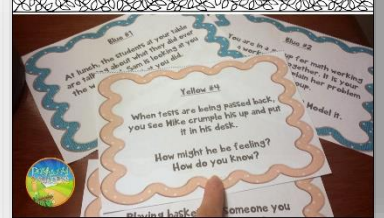
MORE Social Skills!



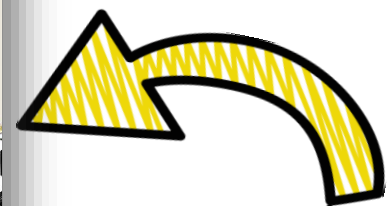
Sets of 80 social skills and perspective taking task cards that highlight real social situations.



Social Skills Task Cards



These lessons include several pages, practice, role play, and discussion questions focusing on learning social skills.



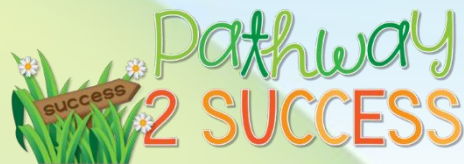
[Click here](#) to check out all of my social skills materials!

About the Author



Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

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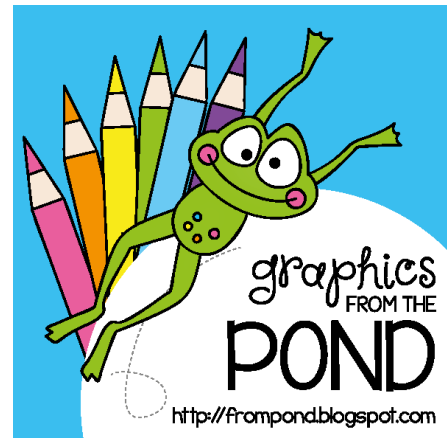
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