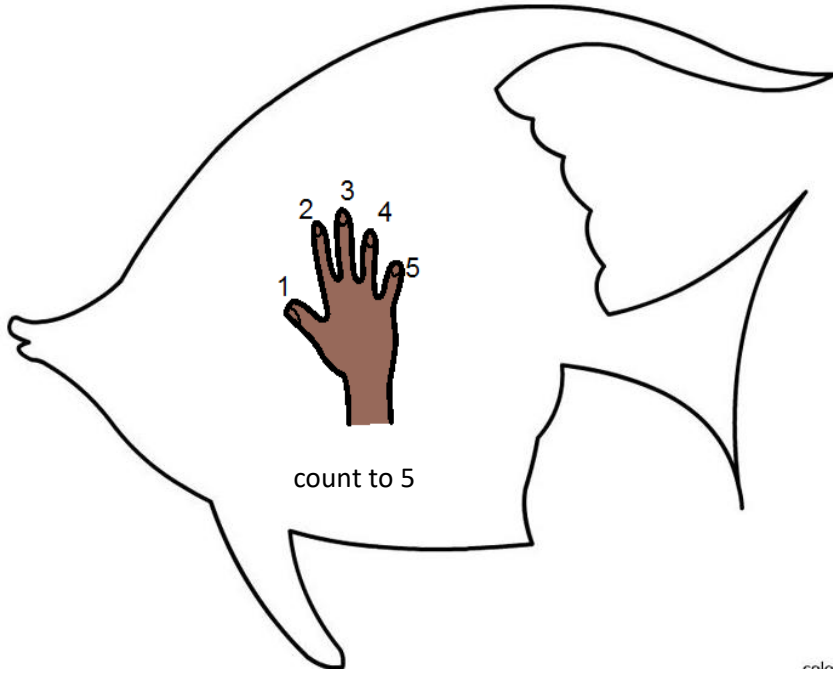
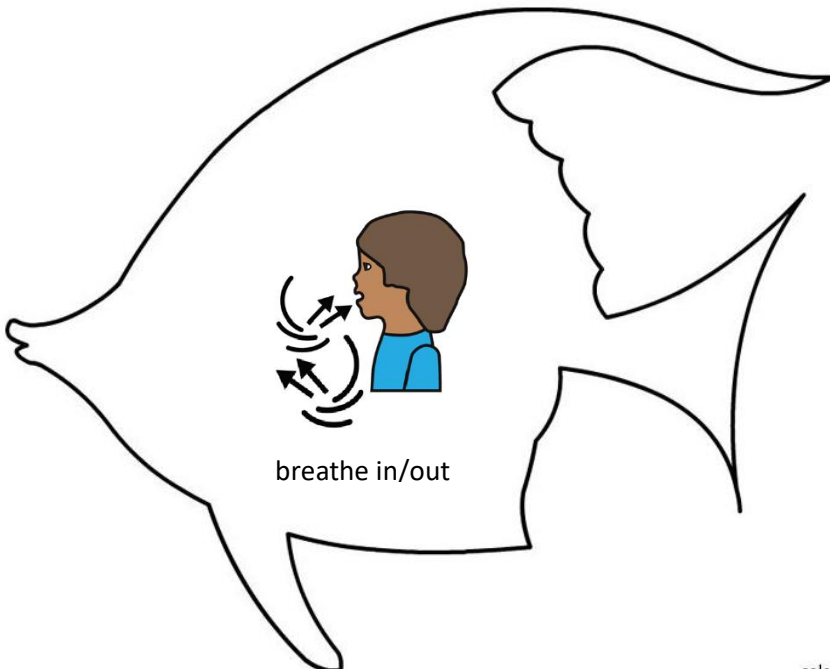


Anger Fishing Game



coloring

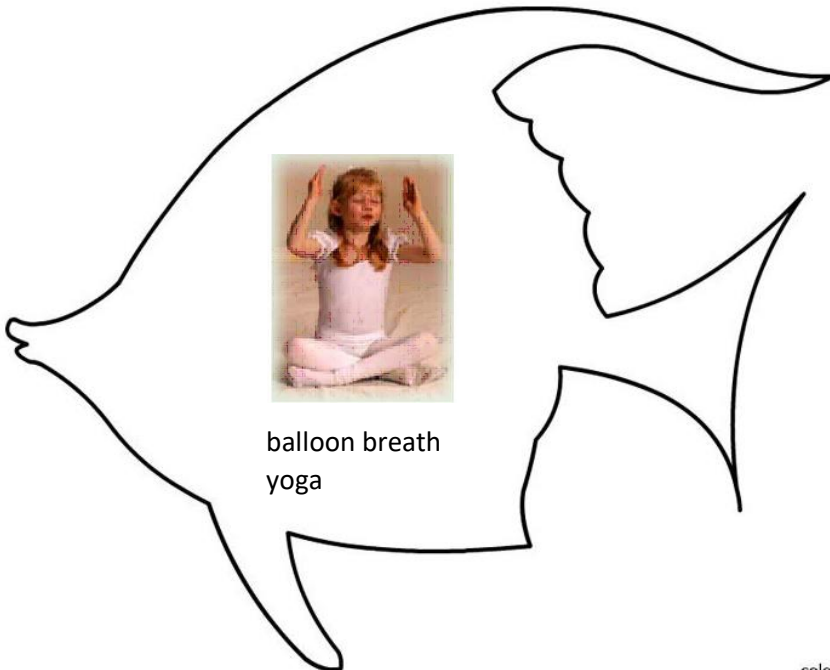


coloring



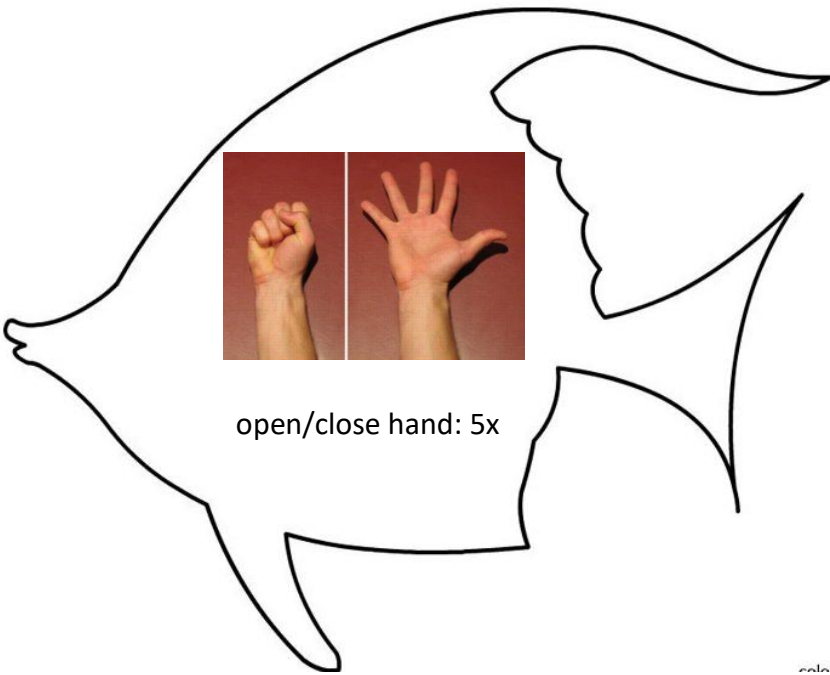
hug yourself

coloring

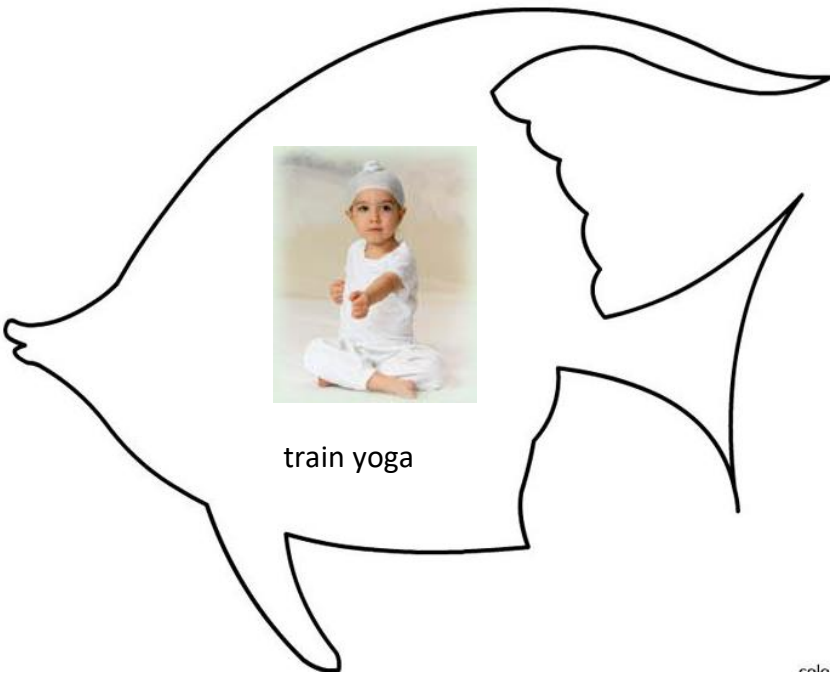


balloon breath
yoga

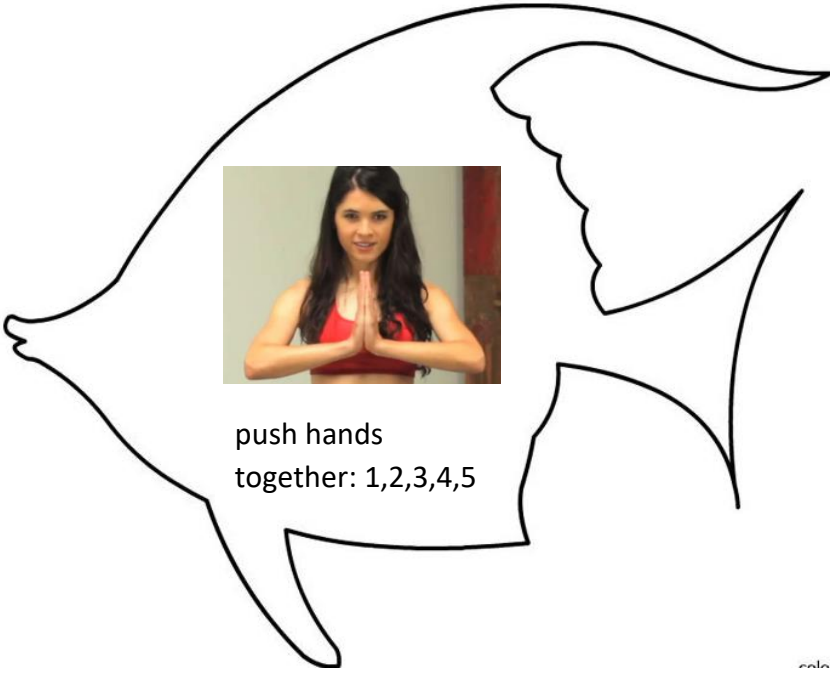
coloring



colobium

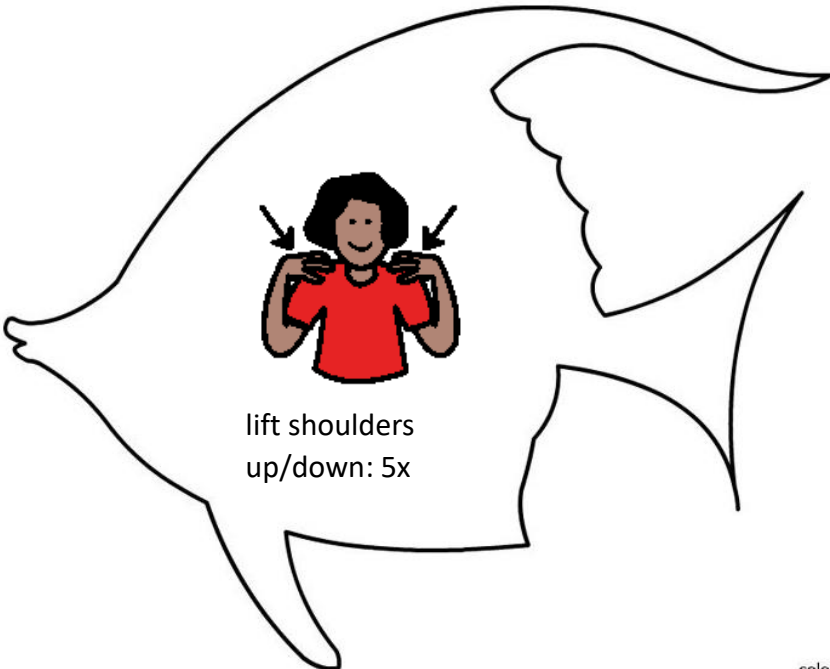


colobium



push hands
together: 1,2,3,4,5

coloring

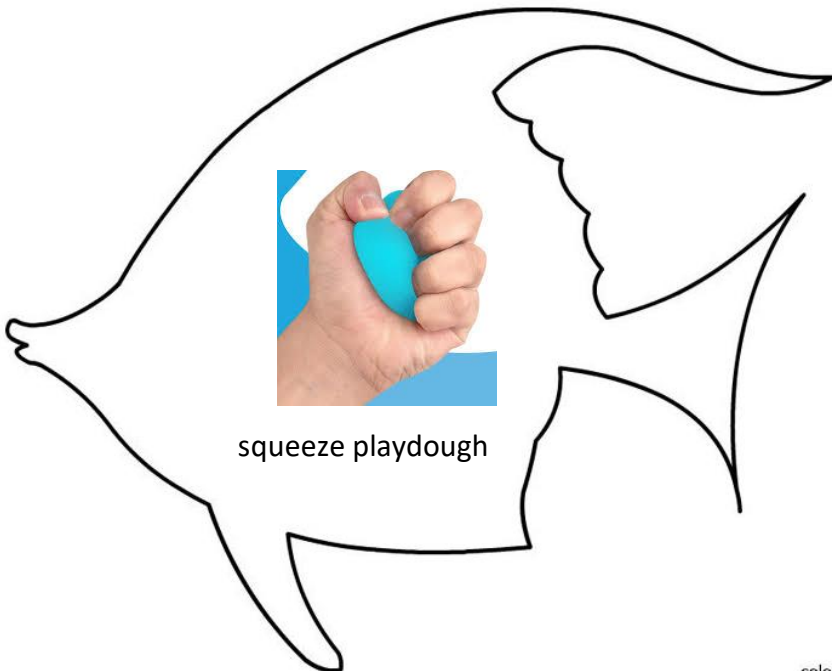


lift shoulders
up/down: 5x

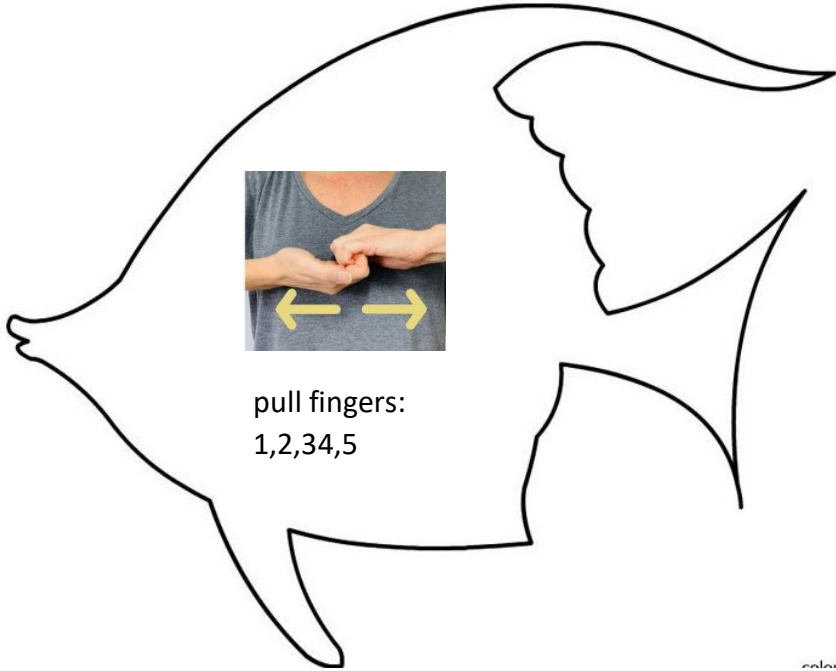
coloring



coloring

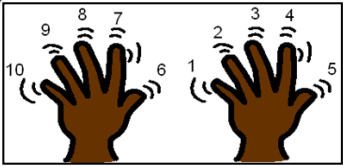
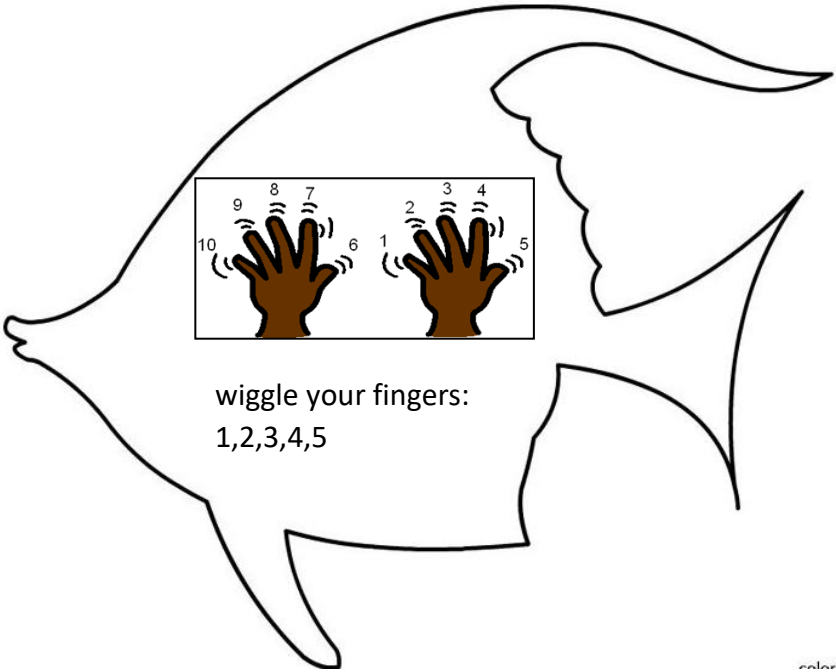


coloring



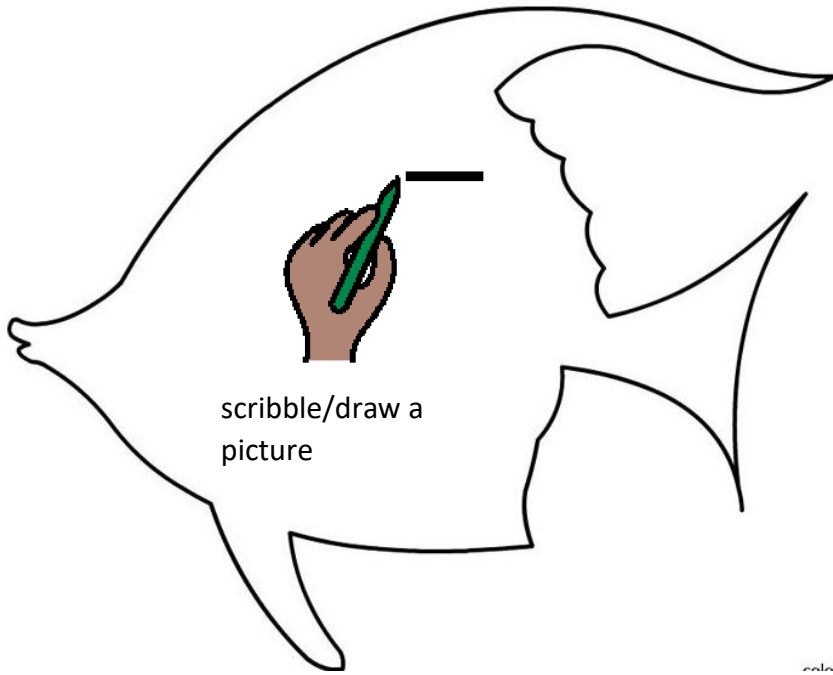
pull fingers:
1,2,3,4,5

colours:

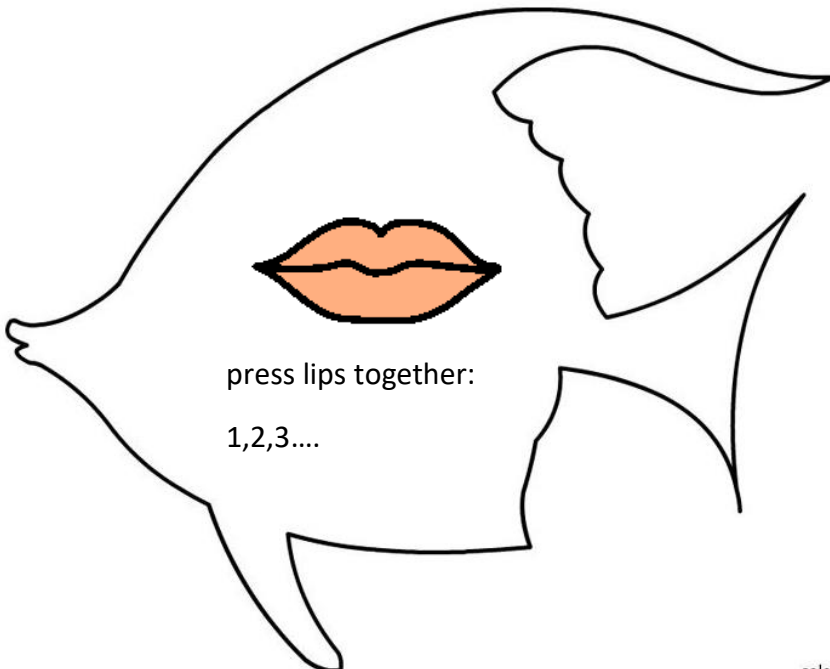


wiggle your fingers:
1,2,3,4,5

colours:



coloring

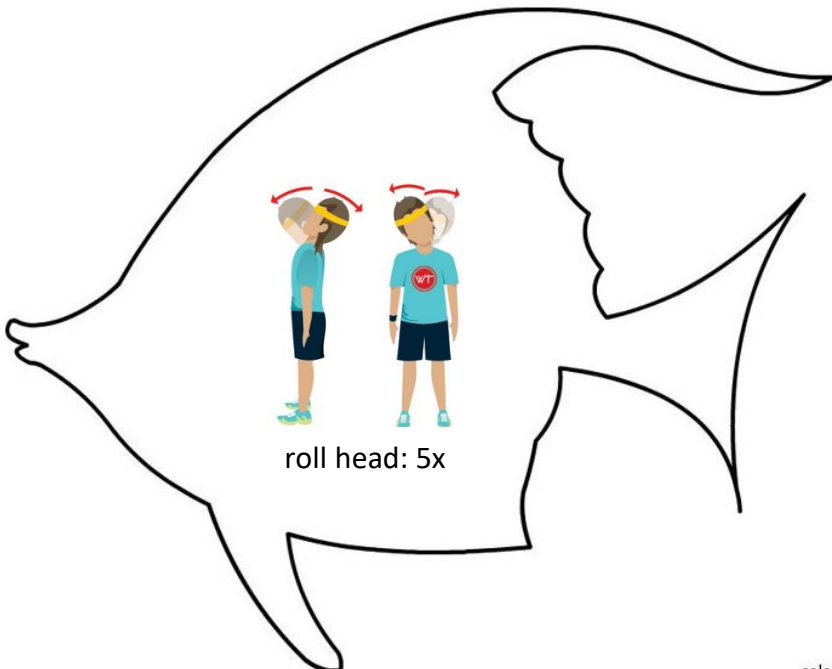


coloring



take a cold drink

colobium



roll head: 5x

colobium

Fishing Game

Objective: Children will practice calming techniques, anger management strategies in a fun, interactive manner

Materials: anger cards, paper clips, magnetic fishing rod

Playing the Game:

- * Attach one paper clip to each card (cards can be laminated for greater durability)
- * Spread cards out face down on the floor
- * Give each child a turn fishing for the fish (cards), explain that children need to catch the fish on the paper clip
- * When children catch a fish, the parent/teacher asks what the picture shows (school-age children may read explanation on card), parent/teacher helps children explain the cards to the group and the whole group tries the strategy together. Then, the next person has a turn.

*This game can be played with an adult and one child or an adult and a group of children. The adult facilitates the activity.

Explanation of some cards:

Balloon Breath Yoga: Sit with your legs folded and crossed and your back straight. Put the palms of your hands together at the centre of your chest. Breathe in slowly and deeply through your nose, raise your arms above your head in the shape of a big balloon. Then breathe out slowly through your mouth and bring your arms back down so that your palms are together at the centre of your chest.



Train Yoga: Let's take a train out of the station for a ride. Sit with your legs crossed. Bring your arms to your sides with your elbows bent. Make a fist with your hands. As you punch one arm out straight in front, breathe in through your nose. As you punch the other arm out, bring the first arm back to your side and breathe out powerfully through your mouth. Keep switching arms and punching out. Does it sound like train wheels? Slow down the train, slowly breathing in deeply and breathe out, as our train arrives back at the station.



Pull Finger Card: Put one hand palm down and one hand palm up, facing each other. Touch fingers together (except thumbs) and pull them apart as hard as you can. Count to five.



