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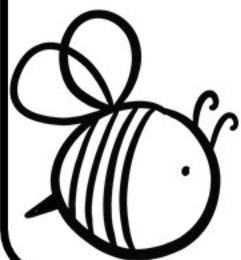
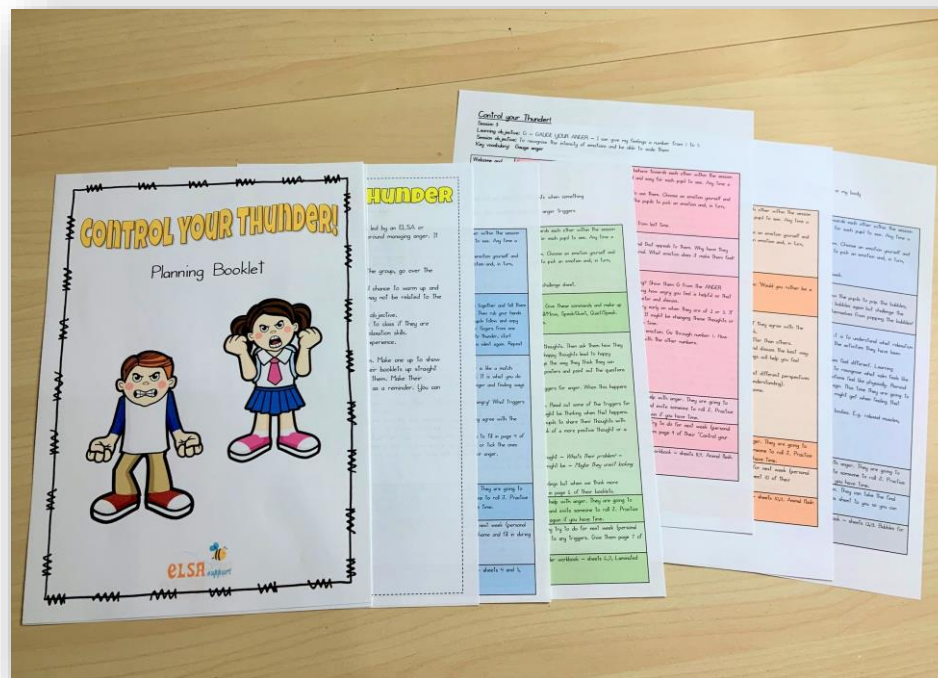




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## Count it Anger

Print out a set of the cards and laminate. Round off the corners.

### How to play

Put the cards in a pile facing downwards. Each player picks a card. The leader of the game picks a category card. Each child must either:

**Trigger**- Name something that makes them feel angry.

**Style of anger**– What do they do when they feel angry. How do they show their anger?

**Body language** – Make it! They must make the body language associated with their anger.

**Physical sensations** – Name one! They must name a physical sensation that they might have if they feel angry.

**Calming** – Name a calming technique

**Thoughts** – Name a thought you might have when you feel angry.


The highest number for that category wins just their card. The rest go in the pile.

Continue with each child picking a card and the leader picking a new category.


Play for a set amount of time or until all the cards are won.

The person with the highest value wins – you might need a calculator or the children can practice their maths skills.




Trigger	10
Body sensations	30
Body language	50
Style of anger	70
Thoughts	90
 Calming	110




Trigger	11
Body sensations	31
Body language	51
Style of anger	71
Thoughts	91
 Calming	111




Trigger	12
Body sensations	32
Body language	52
Style of anger	72
Thoughts	92
 Calming	112




Trigger	13
Body sensations	33
Body language	53
Style of anger	73
Thoughts	93
 Calming	113




Trigger	14
Body sensations	34
Body language	54
Style of anger	74
Thoughts	94
 Calming	114




Trigger	15
Body sensations	35
Body language	55
Style of anger	75
Thoughts	95
 Calming	115




Trigger	16
Body sensations	36
Body language	56
Style of anger	76
Thoughts	96
 Calming	116




Trigger	17
Body sensations	37
Body language	57
Style of anger	77
Thoughts	97
 Calming	117




Trigger	18
Body sensations	38
Body language	58
Style of anger	78
Thoughts	98
 Calming	118




Trigger	19
Body sensations	39
Body language	59
Style of anger	79
Thoughts	99
 Calming	119




Trigger	20
Body sensations	40
Body language	60
Style of anger	80
Thoughts	100
 Calming	120




Trigger	21
Body sensations	41
Body language	61
Style of anger	81
Thoughts	101
 Calming	121




Trigger	22
Body sensations	42
Body language	62
Style of anger	82
Thoughts	102
 Calming	122




Trigger	23
Body sensations	43
Body language	63
Style of anger	83
Thoughts	103
 Calming	123




Trigger	24
Body sensations	44
Body language	64
Style of anger	84
Thoughts	104
 Calming	124




Trigger	25
Body sensations	45
Body language	65
Style of anger	85
Thoughts	105
 Calming	125




Trigger	26
Body sensations	46
Body language	66
Style of anger	86
Thoughts	106
 Calming	126



Trigger	27
Body sensations	47
Body language	67
Style of anger	87
Thoughts	107
 Calming	127




Trigger	28
Body sensations	48
Body language	68
Style of anger	88
Thoughts	108
 Calming	128




Trigger	29
Body sensations	49
Body language	69
Style of anger	89
Thoughts	109
 Calming	129




Trigger	30
Body sensations	50
Body language	70
Style of anger	90
Thoughts	110
 Calming	130




Trigger	31
Body sensations	51
Body language	71
Style of anger	91
Thoughts	111
 Calming	131



Trigger	32
Body sensations	52
Body language	72
Style of anger	92
Thoughts	112
 Calming	132



Trigger	33
Body sensations	53
Body language	73
Style of anger	93
Thoughts	113
 Calming	133

**Trigger**



**Body Sensation**



**Style of anger**



**Body  
Language**



**Calming**



**Thoughts**

