

Don't Be an
ANGRY BIRD



angry eyes



cutting words



throwing objects

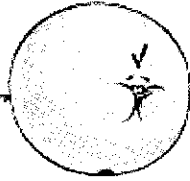


body out of control

COOL DOWN STRATEGIES



bird's nest
a quiet, calm place



balloon breathing
slow, deep breaths

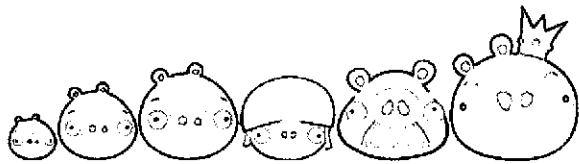
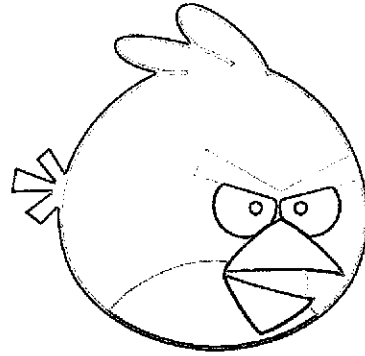


boomerang bird
stop and think how your
actions will affect
you, your T, and others



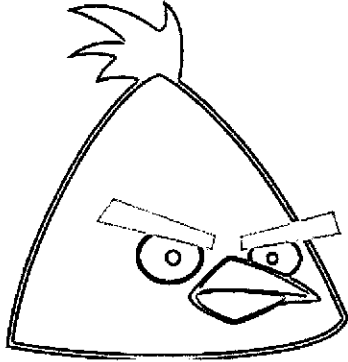
mighty eagle
an adult that can
step in to help

Don't Be an ANGRY BIRD



name: _____

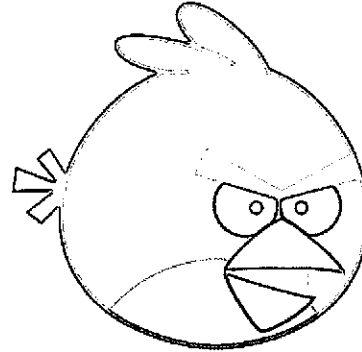
When I am angry, I
might use cutting
words that are unkind.



What words can I
say when I am angry?

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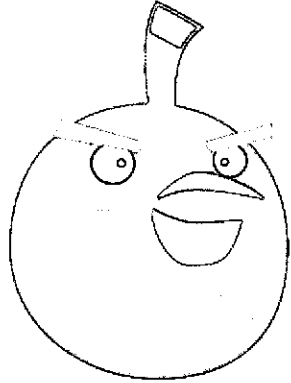
When I am angry, I might
look at others with angry
eyes or a mean face.



What can I do with my
face when I am angry?

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When I am angry, I might lose control of my body and hit or kick.



What should I do with my body when I get angry?

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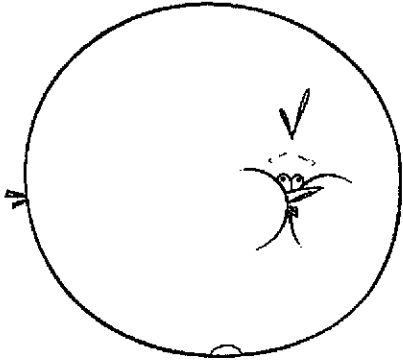
When I am angry, I might want to throw my toys or other things.



What should I do with objects when I am angry?

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When I am angry, I
CAN take deep breaths.



Why does deep
breathing calm us
down?

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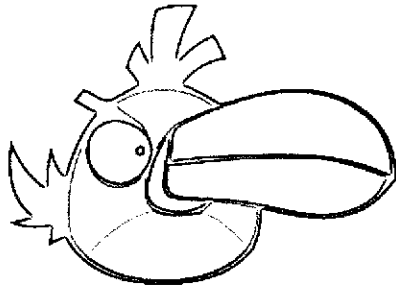
When I am angry, I CAN
go somewhere to cool
down.



Where can I go
when I get angry?

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When I am angry, I CAN stop and think about how my actions will affect me and those around me.



How does being an angry bird hurt myself and others?

.....

.....

http://www.elementaryschoolcounseling.org/uploads/1/3/8/5/1385140/4264916_orig.jpg

When I am angry, I CAN ask for help to calm down. Sometimes an adult will help me if I can't calm down on my own.



Who are some people that can help me calm down when I am angry?

.....

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http://www.elementaryschoolcounseling.org/uploads/1/3/8/5/1385140/4264916_orig.jpg