

ANGER MANAGEMENT

23 CALMING STRATEGY CARDS

HAPPY TEACHING!



Many thanks go to Marina Griñón from [El sonido de la hierba al crecer](#) for her help with this Spanish translation.

Print these pages onto card and cut to separate. I used a hole punch to add holes in the top left corner so they could be attached to a ring to keep them together.

If you want black and white pictures and 185 calming ideas, visit my **Teachers Pay Teachers Store**

I hope your students really enjoy these cards! If you have any questions or concerns regarding this product please contact me at lizearlylearningspot@gmail.com

For many more teaching ideas and freebies visit my blog Liz's Early Learning Spot <http://www.lizs-early-learning-spot.com>

If you would like to take a look at my paid products you can find them at the stores below!



Liz



Teachers Pay Teachers





muy
enfadado



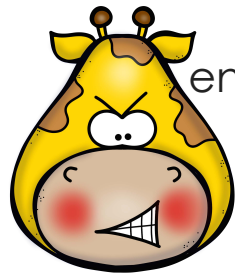
enfadado

molesto

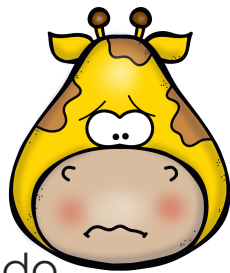
un poco
molesto

tranquilo





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enfadado

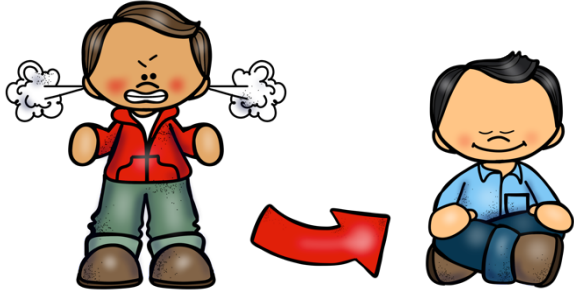
molesto

un poco
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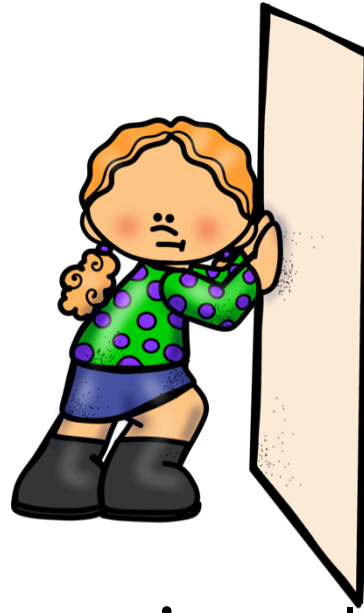
tranquilo



Tarjetas con estrategias para calmarse



Liz's Early Learning Spot
Translation by Marina Griñón



empujar algo



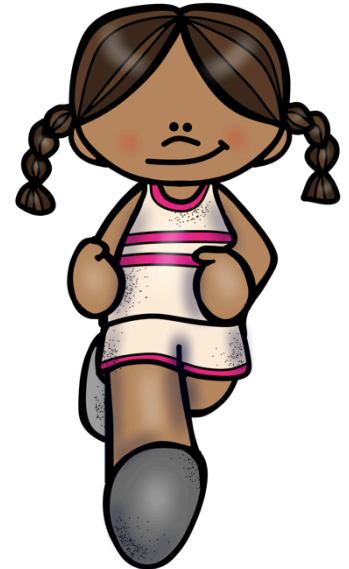
caminar



saltar



estirarse



correr



pensar en
cosas felices



descansar



beber



ir a un lugar
tranquilo



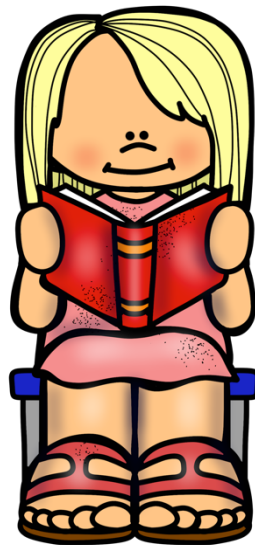
hacer yoga



respirar hondo



escuchar
música



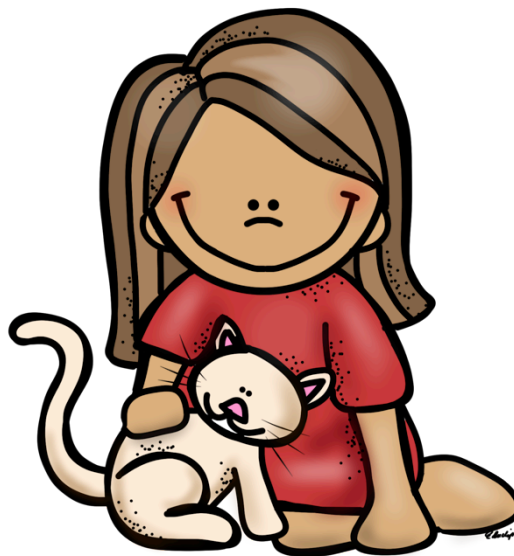
leer un libro



jugar con
bloques



apretar algo entre
las manos



acariciar un
animal



contar



pintar



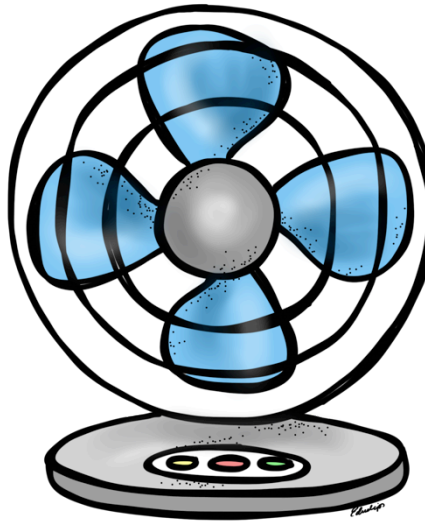
dibujar



jugar con
plastilina



abrazar un
peluche



tomar el aire



mascar chicle

