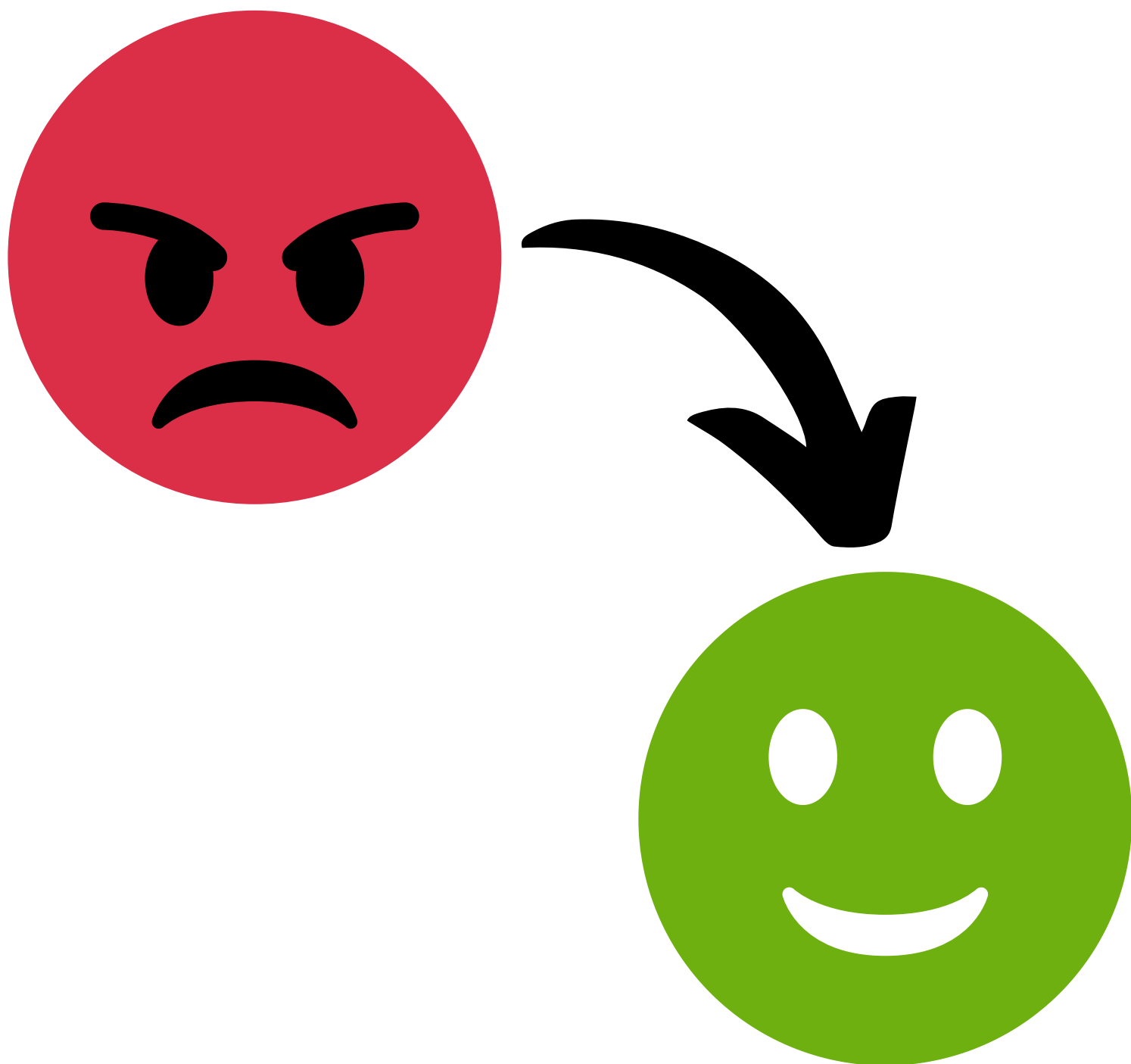


MY ANGER WORKBOOK

A Workbook for Parents and Kids



MY ANGER WORKBOOK

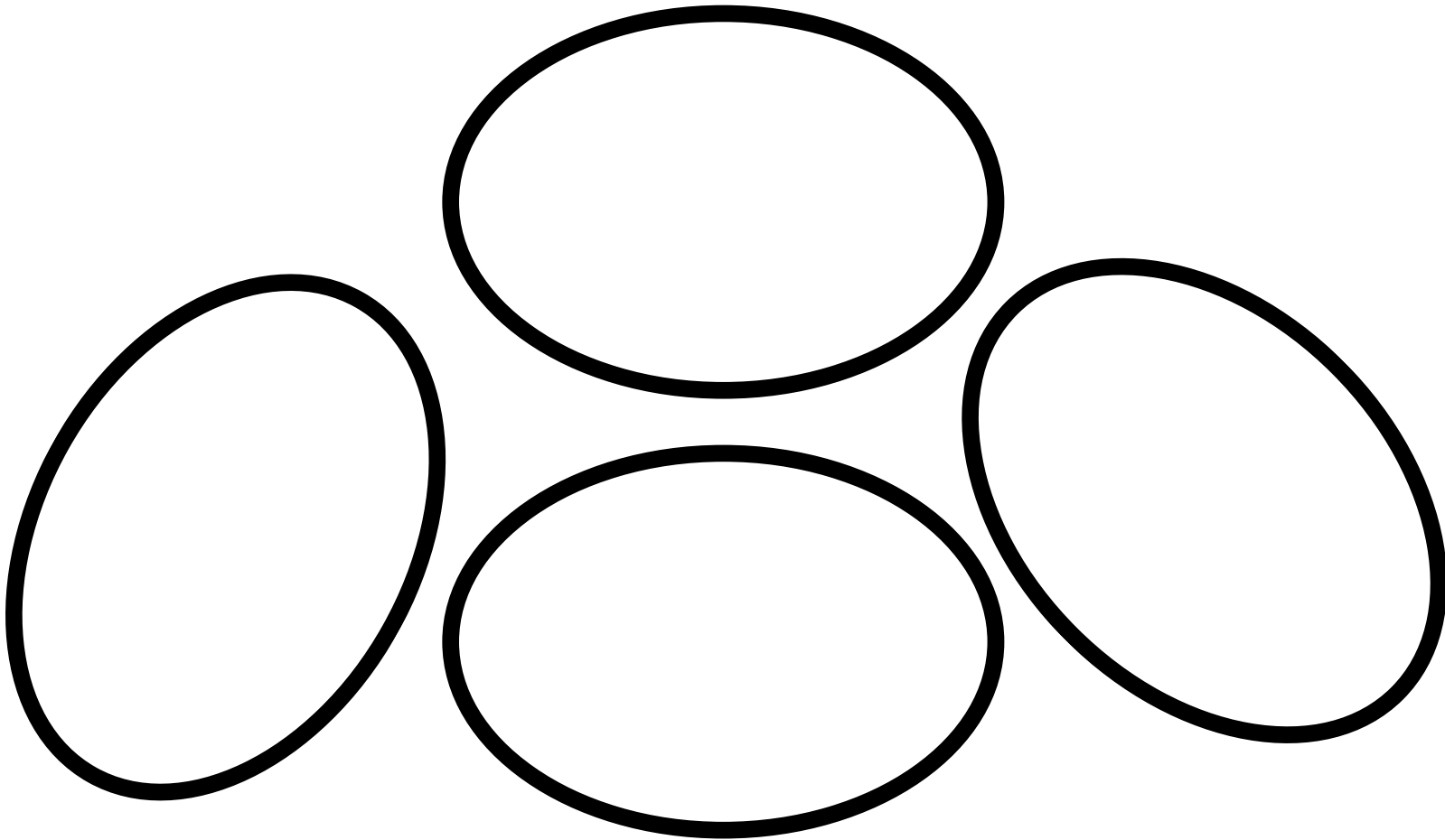
Thanks so much for downloading my free anger workbook for parents and kids. I hope it helps you on your journey to finding peace in your relationship with your child(ren).

The anger workbook is meant to accompany this blog post:

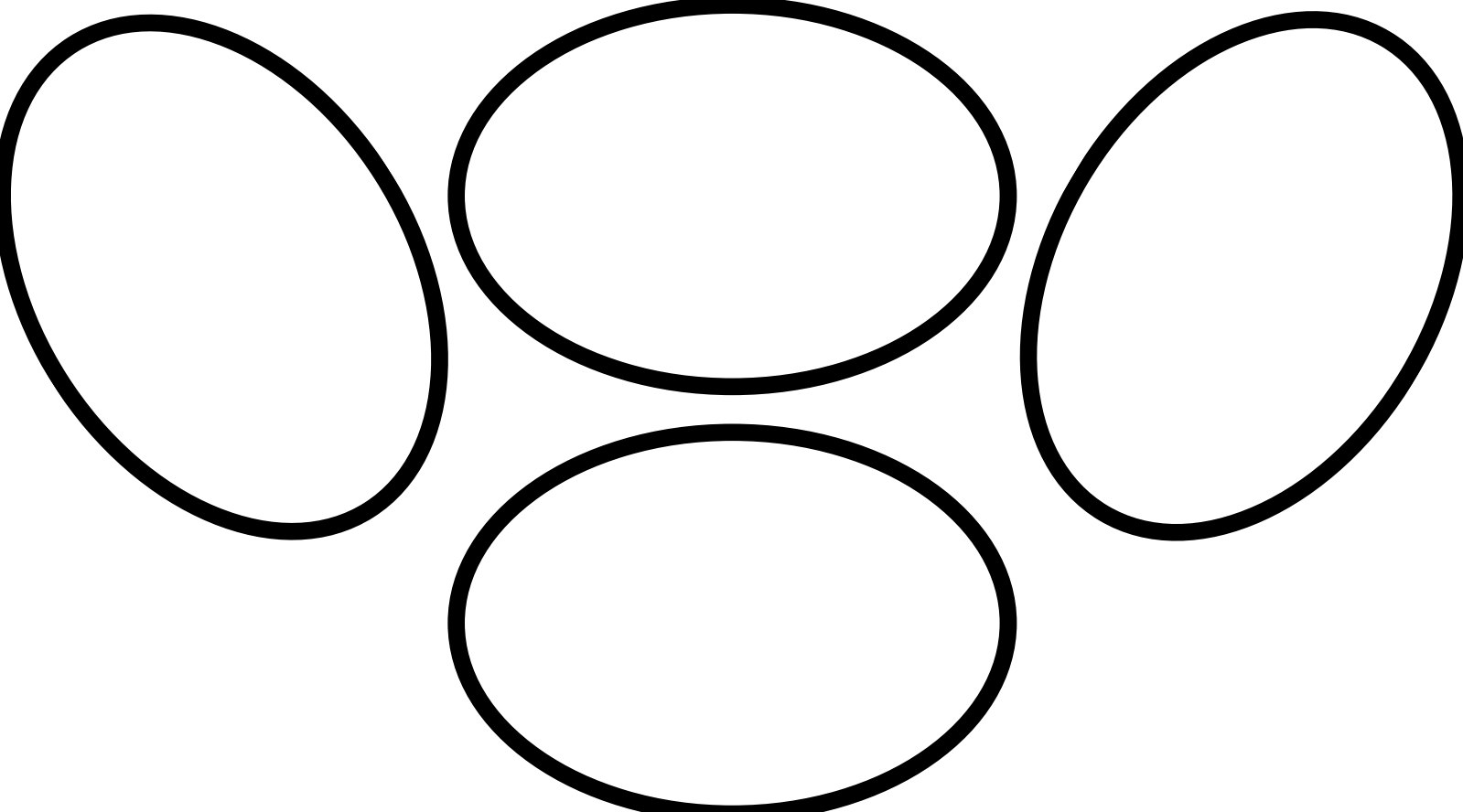
<https://themadmommy.com/anger>

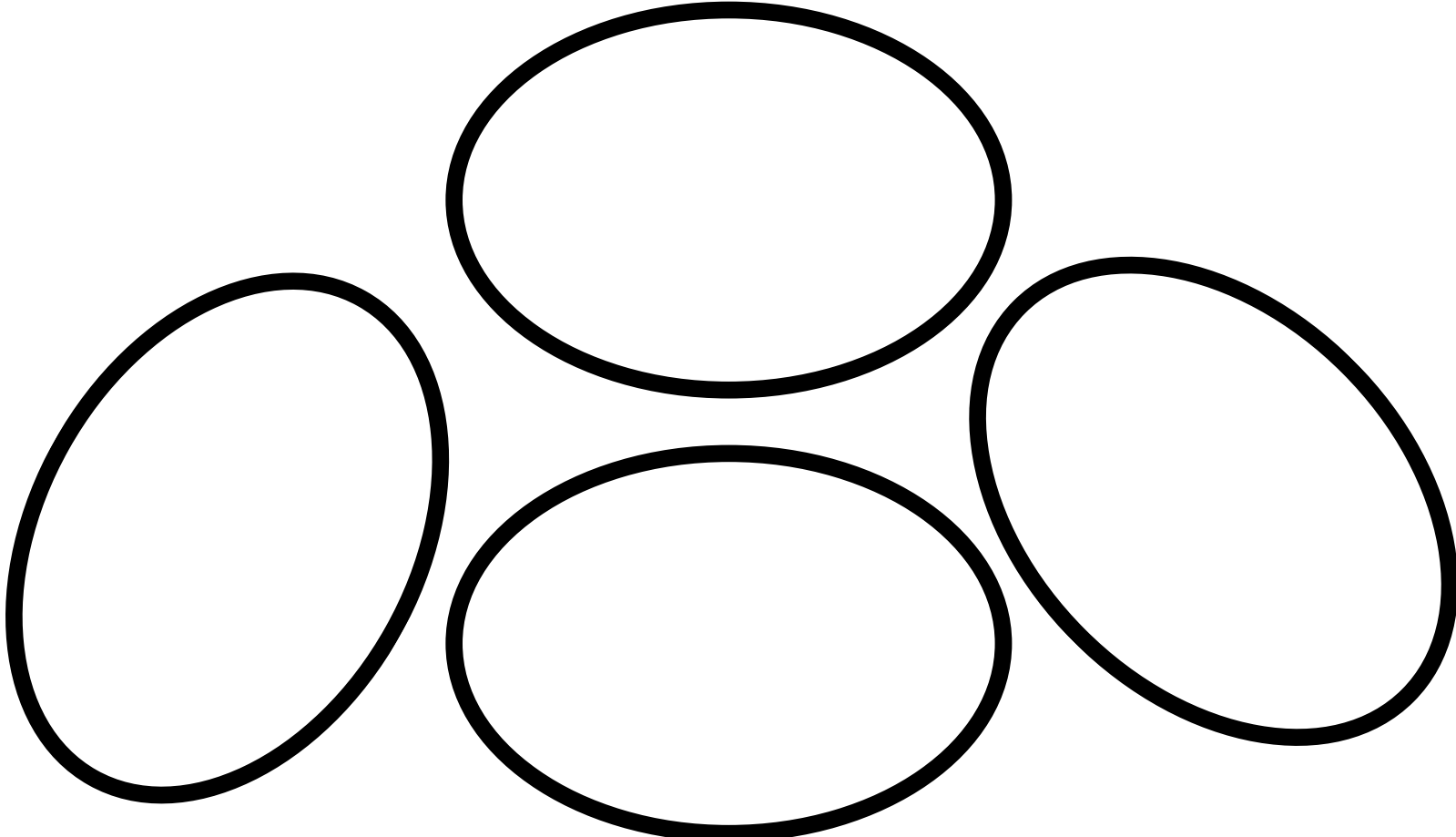
Please share the blog post rather than just the workbook, so everyone can see the post that goes with it. I like to think it's full of helpful information! :)

THEMADMOMMY.COM

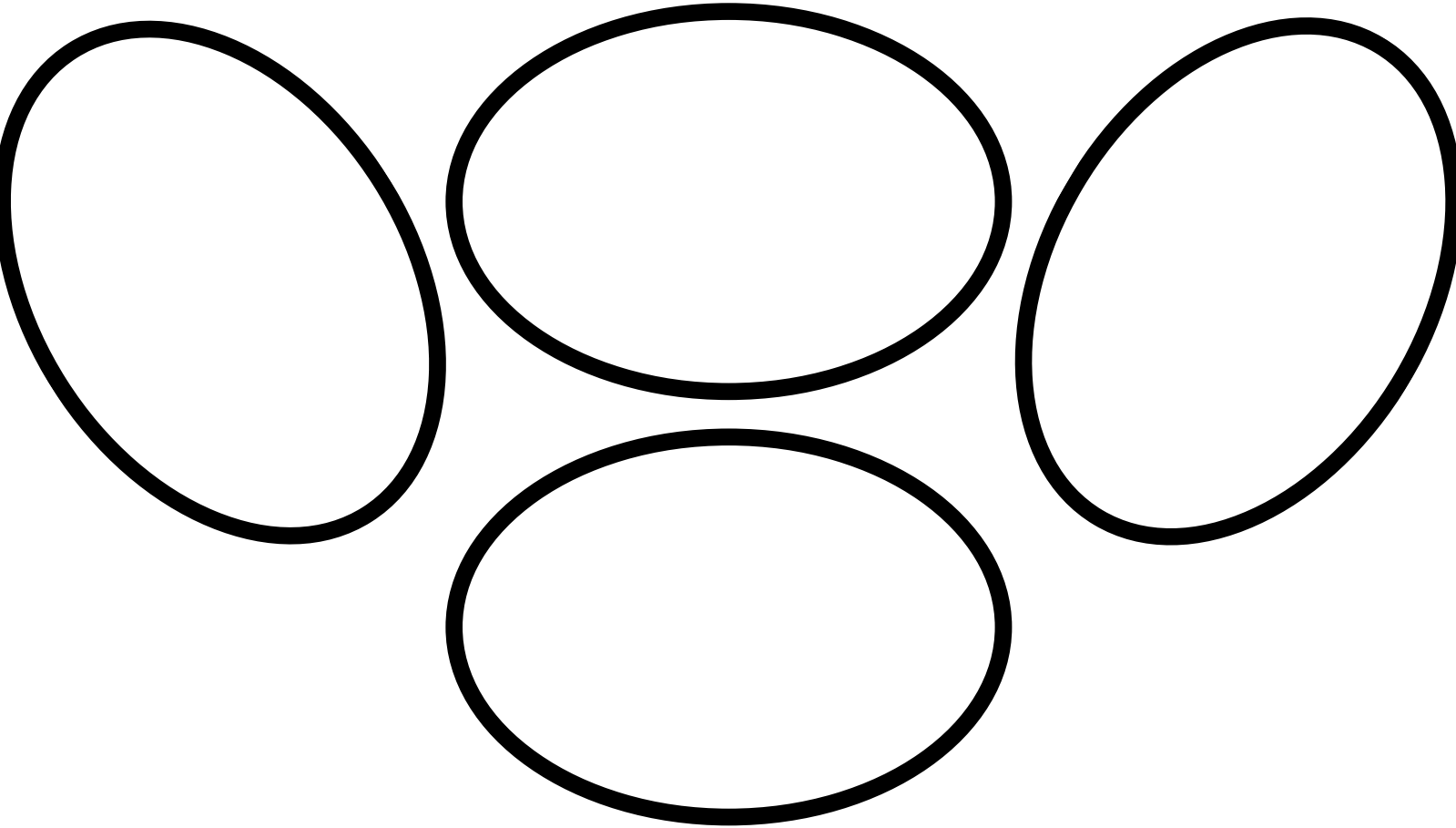


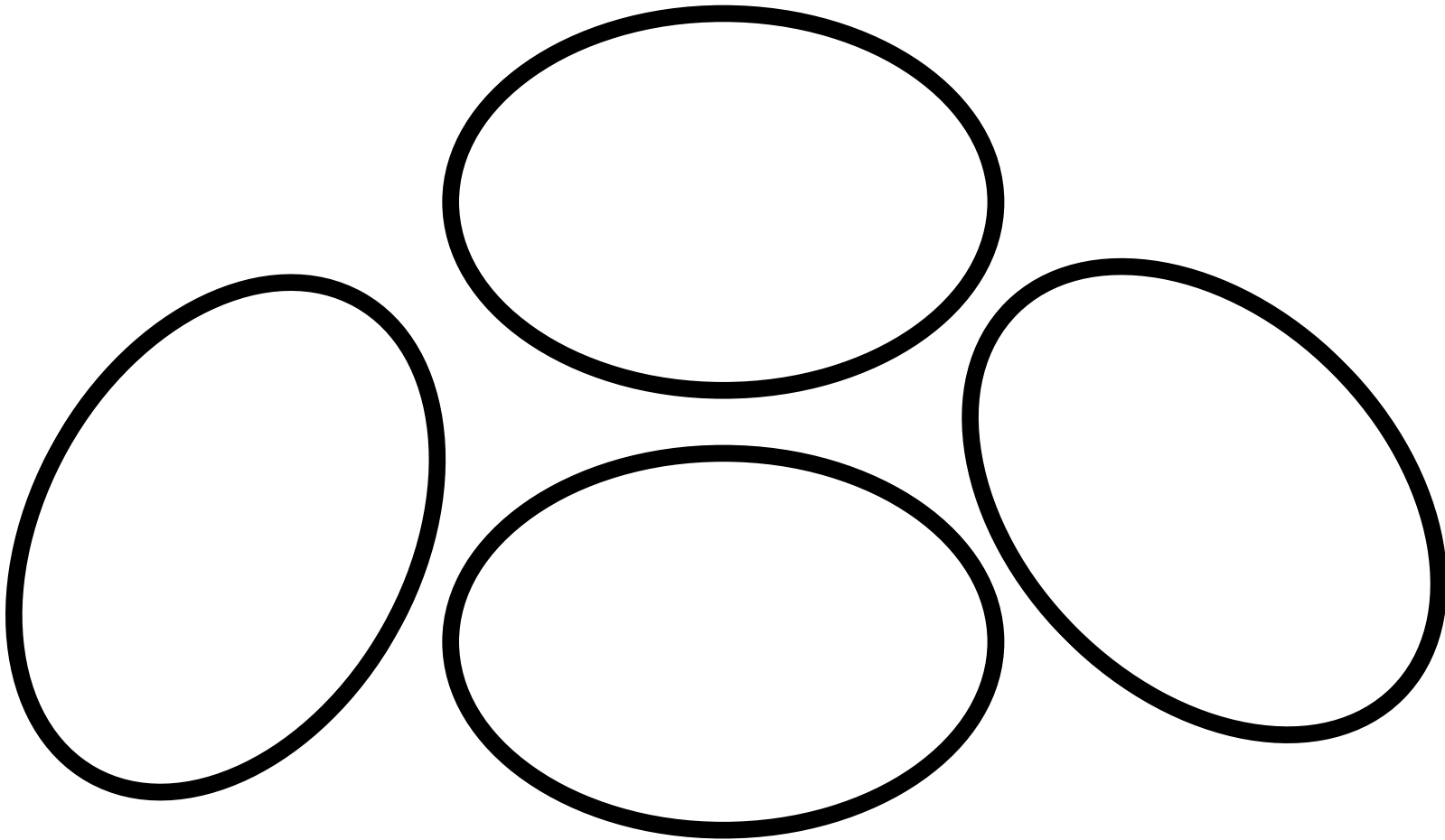
WHAT MAKES ME ANGRY



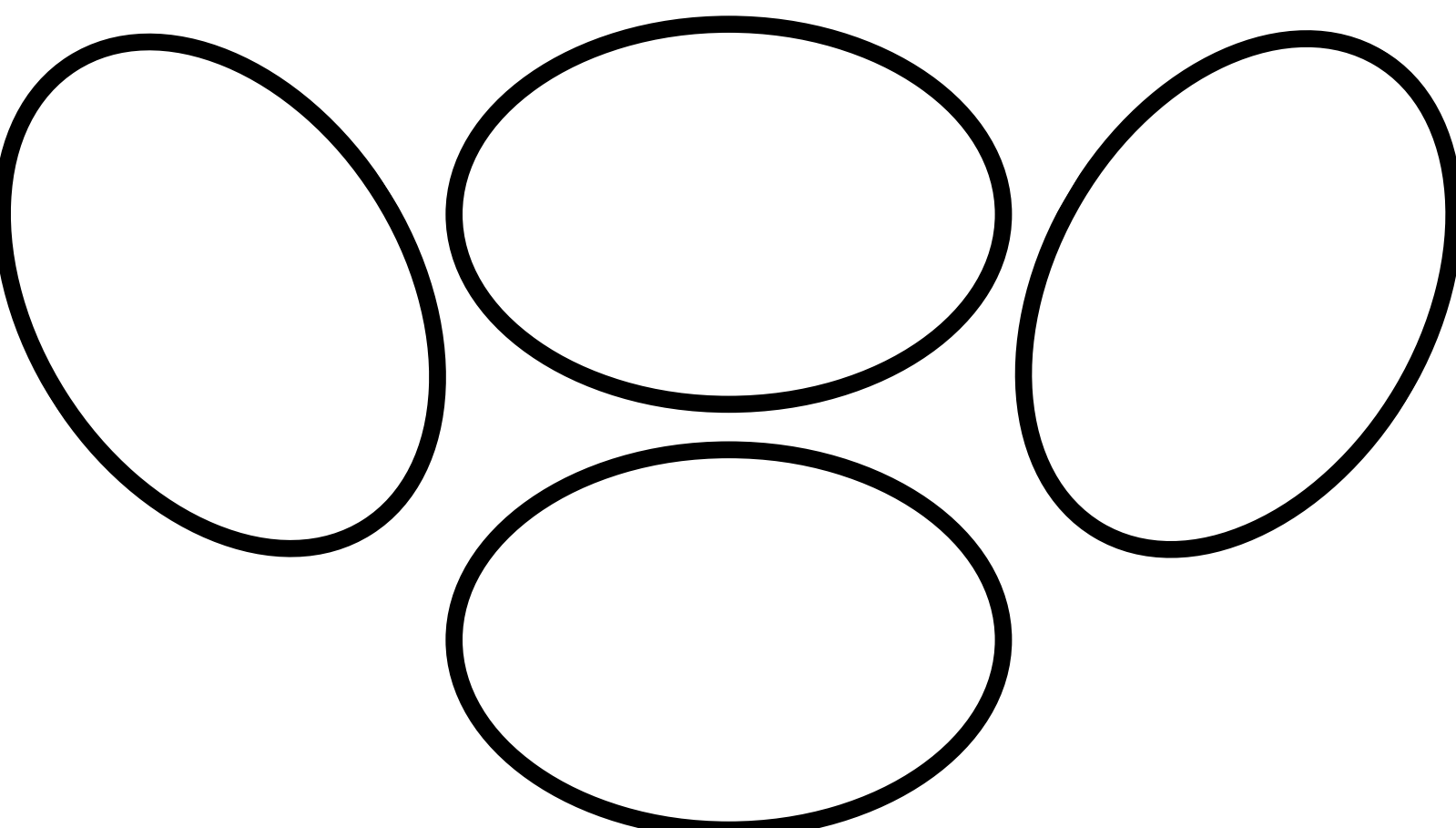


WHAT MAKES ME HAPPY





HOW I CALM DOWN



**TAKE
FIVE
DEEP
BREATHS**

**MEDITATE IN A
QUIET SPACE**

**TAKE
A
WALK**

**WRITE
IN YOUR
JOURNAL**

CALMING TECHNIQUES

**TELL A
FUNNY JOKE
OR TWO**

**DO YOGA
WITH
CALMING
MUSIC**

**WRITE A
STORY**

**DRAW
A PICTURE
WITH BRIGHT
COLORS**

TAKE FIVE DEEP BREATHS.

**INHALE.
EXHALE.
REPEAT.**



**TELL A FUNNY JOKE.
MAKE SOMEONE LAUGH.**

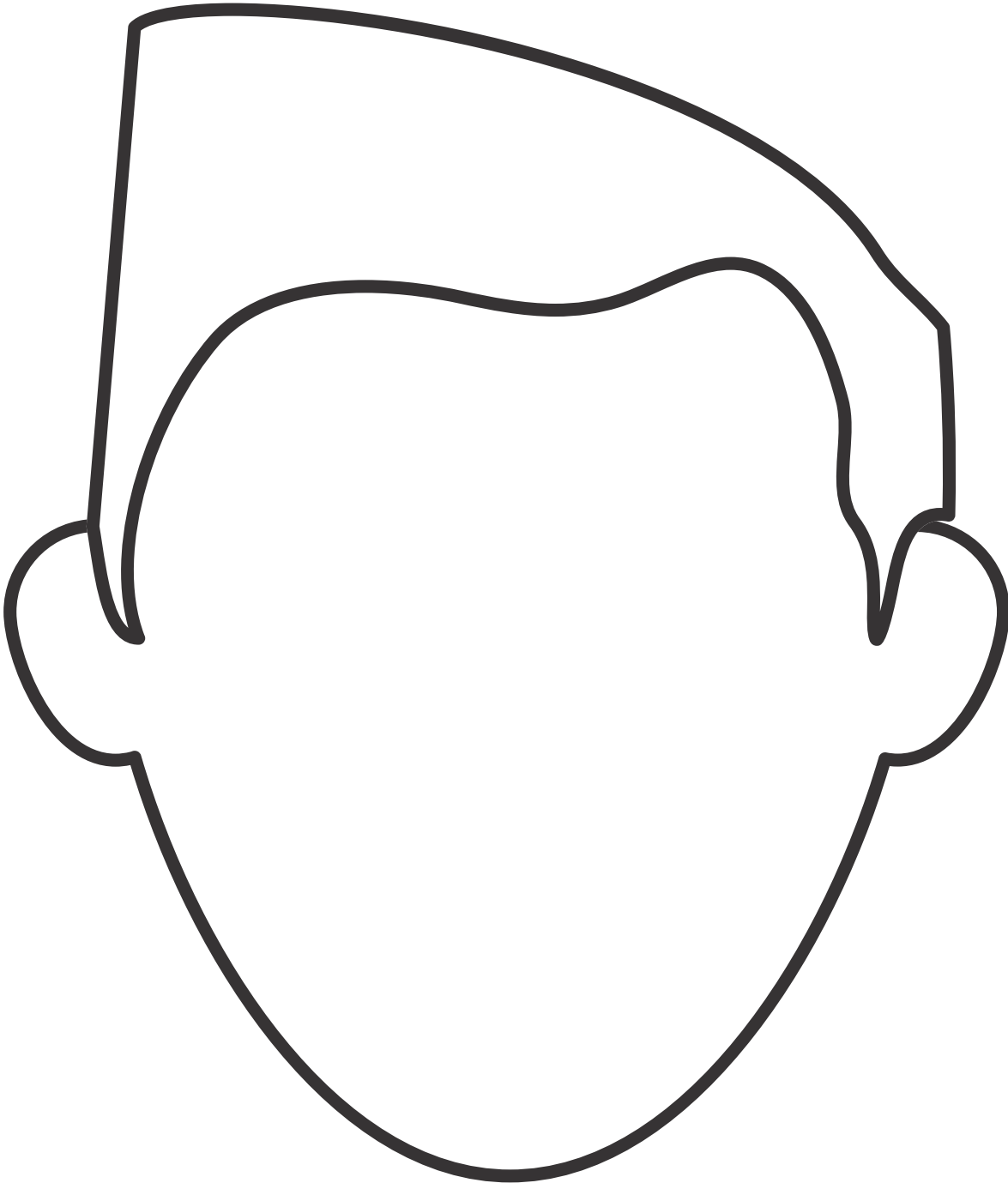


**WHY CAN'T YOUR NOSE BE 12 INCHES LONG?
BECAUSE THEN IT WOULD BE A FOOT.**

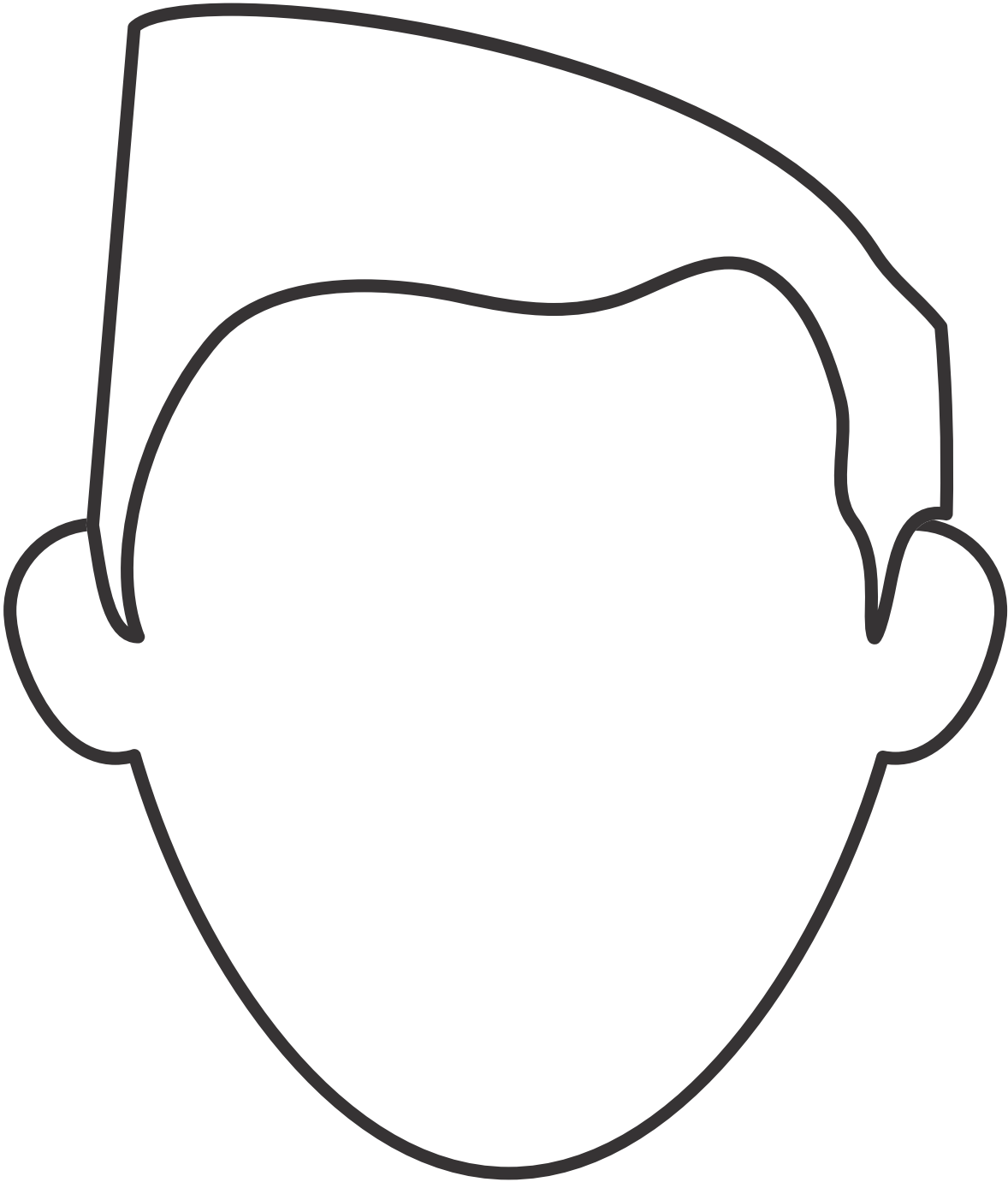
**WHY DID THEY QUIT GIVING TESTS AT ZOOS?
BECAUSE THEY WERE FULL OF CHEETAHS!**

**WHAT HAS FOUR WHEEL AND FLIES?
A GARBAGE TRUCK!**

THE FACE I MAKE WHEN I'M HAPPY



THE FACE I MAKE WHEN I'M ANGRY



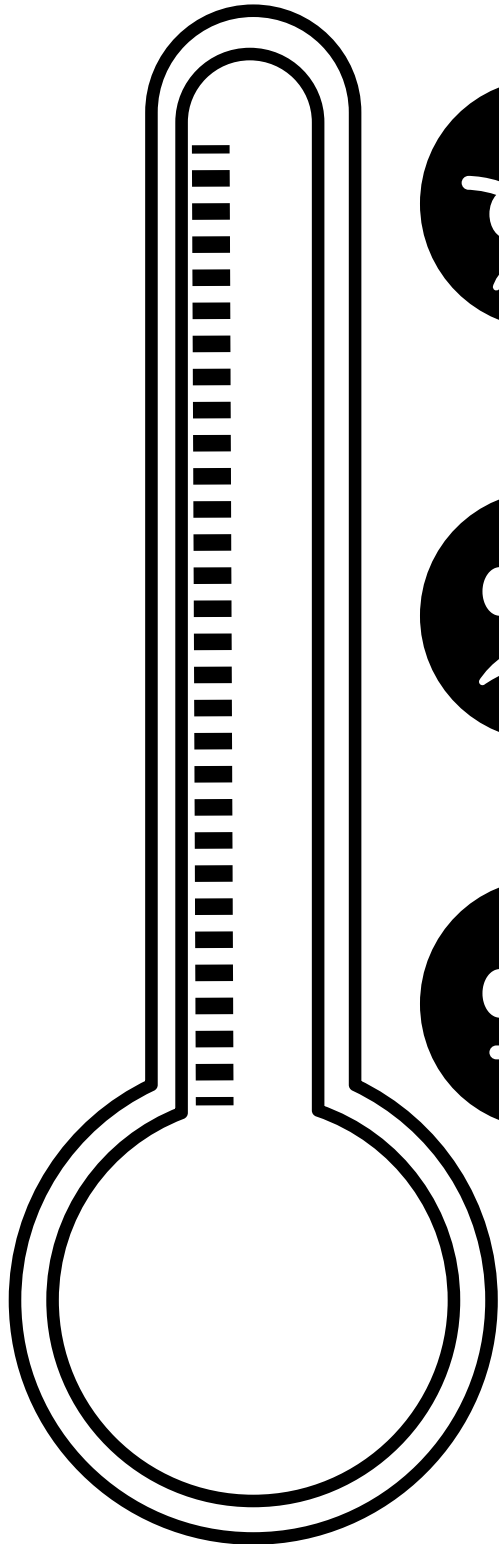
THE FACE I MAKE WHEN I'M HAPPY



THE FACE I MAKE WHEN I'M ANGRY



MY ANGER THERMOMETER







**LIST ONE CALMING
TECHNIQUE
FOR EACH FACE**

SIGNS OF ANGER

