

Dealing with Anger Lotto Game.


tear paper




exercise



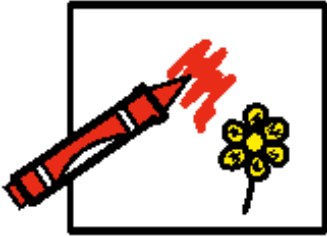
count to five



march on the spot



draw a picture



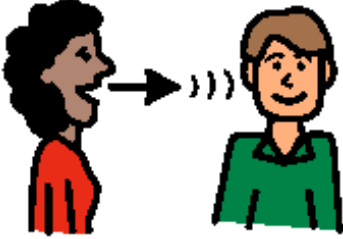
roll playdough




squeeze silly putty



use my words



take a deep breath



ask for alone time



paint



write feelings down

