

ANGER MANAGEMENT: SESSION 2

Anger Monster Chant

I have an anger monster that lives inside of me
If I don't take control of him, he'll be the boss of me.

My anger monster creeps up and gives me an angry face
I do my train yoga to get me out of this place.

When I am angry, my mouth wants to shout
I count to 5 and I let it all out.

When I am really angry, my body feels so hot
I think about a peaceful place, a relaxing, cool spot.

Sometimes I feel my heart pumping because I am so mad
I do my balloon breath yoga to help make me feel less bad.

My anger monster likes it when I clench my fists,
But I take a piece of playdough and give it quite a twist.

Sometimes my anger monster makes me stomp my feet
Then I turn it into skipping and my anger is beat.

SOURCE: Community Living Toronto, Early Childhood Services