FREE PRINTABLE ACTIVITY PACK FOR KIDS

Anger Management Activities for Kids (Games, Worksheets, and Techniques)

Anger management activities for kids that treat anger as normal, plus games, a calm-down corner routine, and tips for staying calm yourself.

FREE • NO SIGNUP **20 PAGES** **PRINTABLE TOOLS INSIDE**

About this resource

Anger management activities for kids that treat anger as normal, plus games, a calm-down corner routine, and tips for staying calm yourself.

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The Calm Circuit: A 4-Step Anger Reset for Kids

4 items

1. Name It: say out loud what the child seems to feel and what likely triggered it
2. Move It: give the body one minute of physical outlet, jumping jacks, a wall push, or playdough
3. Cool It: slow the breath with a short, playful counting or breathing game
4. Say It: once calm enough to talk, put the feeling into a short I feel, because sentence

Name It: The Feelings Volcano and the Anger Thermometer

3 items

1. Green zone: annoyed but fine, can still think and talk normally
2. Yellow zone: getting hot, fists clenching, voice rising
3. Red zone: past the point of talking it out, needs the Calm Circuit now

Move It: The Anger Workout

4 items

1. Do 10 to 15 jumping jacks as fast as possible
2. Push against a wall as hard as you can for a slow count of 10

3. Squeeze and roll a ball of playdough or a stress ball for one minute
4. Punch a couch cushion or pillow 10 times

Cool It: Breathing and Counting Games Kids Will Actually Play

4 items

1. Box breathing: breathe in for 4, hold for 4, breathe out for 4, hold for 4, repeat 4 times
2. Balloon breathing: pretend to inflate a balloon in your belly, then let it slowly deflate
3. Count backward from 10 to 1, one number per breath
4. Dragon breaths: inhale deep, then exhale with a long, slow "whoosh" like a dragon breathing fire

Say It: Naming the Trigger and the I Feel, Because Script

3 items

1. Keep a short list of feeling words visible: mad, frustrated, embarrassed, jealous, disappointed
2. Practice the script during calm moments, not just during meltdowns, so it's familiar by the time it's needed
3. Respond to the sentence, not just the feeling: acknowledge it, then problem-solve together

Build a Calm-Down Corner (and a Simple Routine to Go With It)

3 items

1. A soft cushion, bean bag, or small tent for a sense of enclosure
2. A stress ball or small container of playdough
3. A laminated card showing the Calm Circuit steps in simple pictures

Co-Regulation: How to Stay Calm When Your Child Isn't

4 items

1. Get on their eye level instead of towering over them
2. Name what you see out loud, in a level tone: it looks like you're really upset right now
3. Keep your own voice calm and slow, kids tend to mirror the tone they hear
4. Offer a hug or hand squeeze if the child is open to touch, never force it

When Anger Needs More Than an Activity List

5 items

1. Outbursts happen daily or nearly daily, not just occasionally

2. Anger regularly leads to harming themselves, others, or property
3. Outbursts are leading to isolation, other kids avoiding your child
4. Your child gets frequent stomach aches or headaches tied to suppressed anger
5. The Calm Circuit consistently fails to help, even when used early

Try It Yourself

Draw or write about what your anger feels like in your body, and one thing from this pack you can try next time.

How to Use This Anger Toolkit

Teach these tools when your child is calm. A child in the red zone cannot learn them.

The plan

1. Fill in the Anger Thermometer together on a calm day.
2. Cut out the calm-down cards and keep them in the calm-down corner.
3. Make 'My Plan' together and put it where your child can see it.
4. Use the trigger log for two weeks to spot patterns.
5. Celebrate practice with the reward chart, not only perfect days.

> Anger is a normal feeling. The goal is not no anger. The goal is safe ways to show it.

My Anger Thermometer

Circle how my body feels in each zone. Green is calm, yellow is getting hot, red is boiling.

	Green	Yellow	Red
My face and hands feel...	○	○	○
My voice sounds...	○	○	○
My thoughts are...	○	○	○
I can still listen and talk	○	○	○
I need space and help	○	○	○

Grown-up: talk about each zone. Practise moving back down from red to yellow to green.

My Anger Thermometer: Zones

Write or draw what each zone is like for you.

Green zone: I feel okay. I...

Yellow zone: I am getting mad. I...

Red zone: I am boiling. I...

What helps me cool down

My Trigger Log

A trigger is what happens just before I get mad. Fill in with a grown-up.

Day	What happened	Zone (G/Y/R)	What I did	What helped

Calm-Down Cards

Cut out and keep in your calm-down corner. Pick one when you feel yellow.

Breathe in for 4, out for 6

Push the wall for 10 seconds

Do 10 jumping jacks

Squeeze play dough

Count slowly to 20

Smell a flower, blow a candle

Get a drink of cold water

Tell a grown-up: I feel mad

Draw the mad on paper

Hug a pillow tight

Go to my calm-down corner

Cut along the dashed lines.

My Plan for When I Get Mad

Make it when you are calm.

My mad signs are...

When I feel yellow, I will...

When I feel red, I will...

I can say: "I feel ___ because ___."

I can ask a grown-up for...

Draw My Mad

My mad looks like...

My mad gets smaller when...

Draw My Calm Place

My calm place

Mad Detective

After a calm-down, work out what happened.

What made me mad?

What my body did

What I did

What I could try next time

My Calm Reward Chart

Make a mark or stick a sticker each time you use a calm tool. Five marks earns a reward.

Day	I used a tool	Which one?	Sticker
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Parent Script: What to Say and Do

Short, calm words work best. Say them slowly and quietly.

In the moment

- "I see you are very mad. I am here."
- "You can be mad. You cannot hit. Let's find a safe way."
- "Show me with your body: stomp, push the wall, squeeze."
- "When you are ready, tell me: I feel mad because..."

Stay calm yourself

Lower your voice, slow your breathing and keep your body relaxed. A calm grown-up helps a child borrow calm.

Afterwards

- Reconnect first with a hug or a kind word.
- Talk about it later when everyone is calm.
- Praise any use of a tool, even a small one.

When to get professional help

If anger is frequent, intense, hurting people, or getting in the way of school and friends, talk to your child's doctor, school counselor or a licensed child mental health professional.

CERTIFICATE

Certificate of Calm

Awarded to

_____

for using calm tools when feeling mad

_____ Date

_____ Signed

Want more like this?

This printable is the companion to our guide "Anger Management Activities for Kids (Games, Worksheets, and Techniques)".

Read more at concentratedwisdom.com

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