

ANGER MANAGEMENT

23 CALMING STRATEGY CARDS



HAPPY TEACHING!

Many thanks go to clinical psychologist
Mariana Rebello from
marianarebello.com.br for her help with
this Brazilian-Portuguese 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 (in English or Spanish), 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!



**Teachers Pay
Teachers**





muito
bravo

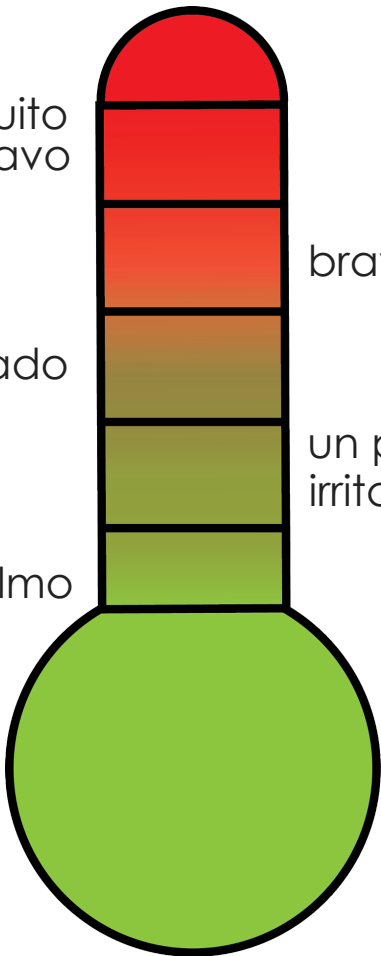


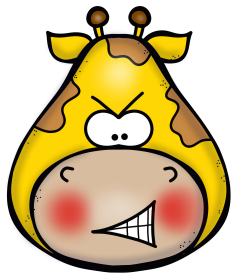
bravo

irritado

un pouco
irritado

calmo





muito
bravo

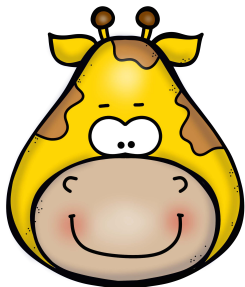


bravo

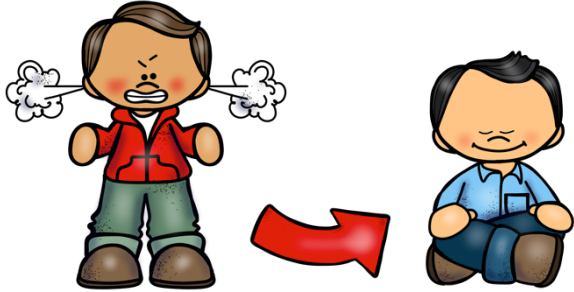
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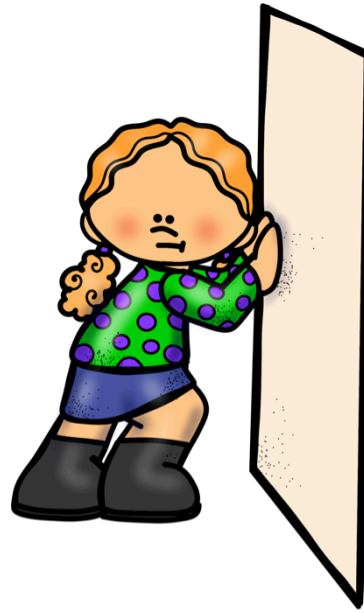
calmo



Cartões de estratégias para acalmar



Liz's Early Learning Spot
Translation by Mariana Rebello



empurrar



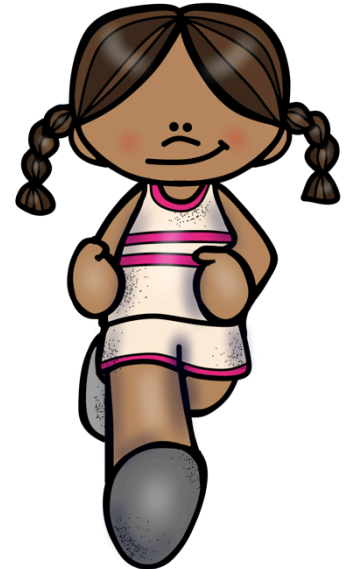
caminhar



pular



alongar



correr



pensamentos
felizes



relaxar



beber



espaço
silencioso



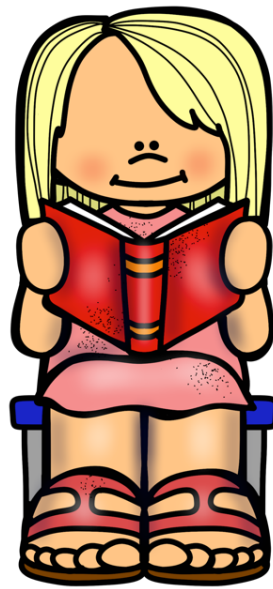
ioga



respirar



ouvir música



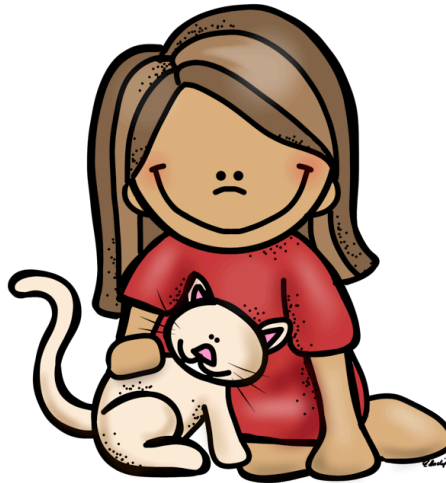
ler um livro



brincar com
blocos



apertar



afagar um
animal de
estimação



contar



pintar



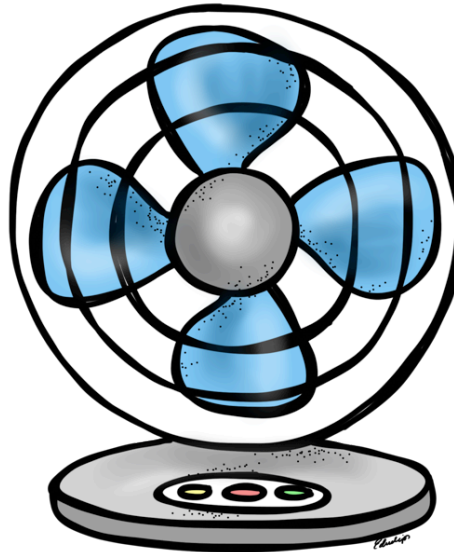
desenhar



massinha



abraçar
um urso



sentir uma brisa



mascar chiclete

