

Name: _____

Date: _____

Anger Management

T K P E W W Z D P B F B O L C T D E Z N Q A V F
J S L V X K Y Y S X V O S W R S X L T P R C Z L
R U F Z F R Q A Y S F P G J M B J Z K M D Z F F
Q B I U S O O T H E G U C H D H T X S S H S T N
W H J P M C N Q C I S U M G V L M H A F J D E M
O F Y H D B C X B R E A T H E F B J E R F N J R
V H R Q G X J X L E N H I G I P F E Z J T H H I
R B E R D D P A G B Z D V C I P J Q I H I U D M
C M F D V Q D S S E Z W Q P J D R I M R M M L Q
A J L O J I M A S K F O R H E L P E E U Z O Q H
L P E T Q B B S X A L E R Z F W Q A E E O R Z G
M X C U M P M K T C R Z W B N T Z M K B Z X K H
N P T D H C J N E I M R Q B Y U B K Z H D W M E
N E Y O O Z P G R Q Y U C K Z A X P X J P I J O
B H V B U E L T J H S I F A R K P U A E G R R M
Y V F S S E N L U F D N I M J B H Z I X Y V K J
Y L F W Q E R S Q L X H L A N G E R L B K S P E
V D N N S N O I T U L O S Y F I T N E D I B O I
E X E R C I S E J N C O P I N G U B Q S X F U I
A E S L W G I X N I J Q L R L N O W V N B R I I
B Z Q Z C Q P J B K K I H J L A E L B F R B L L
R U W V Z S E V I G R O F A S F M N H D G N L L
I T I H Q B W G R W D N G X E M I Y D Y G J M D
J A J Y U L A X H G Z J O I I Y T A A C N P N F

identify solutions

exercise

timeout

soothe

relax

ask for help

breathe

forgive

music

anger

mindfulness

reflect

coping

humor

calm