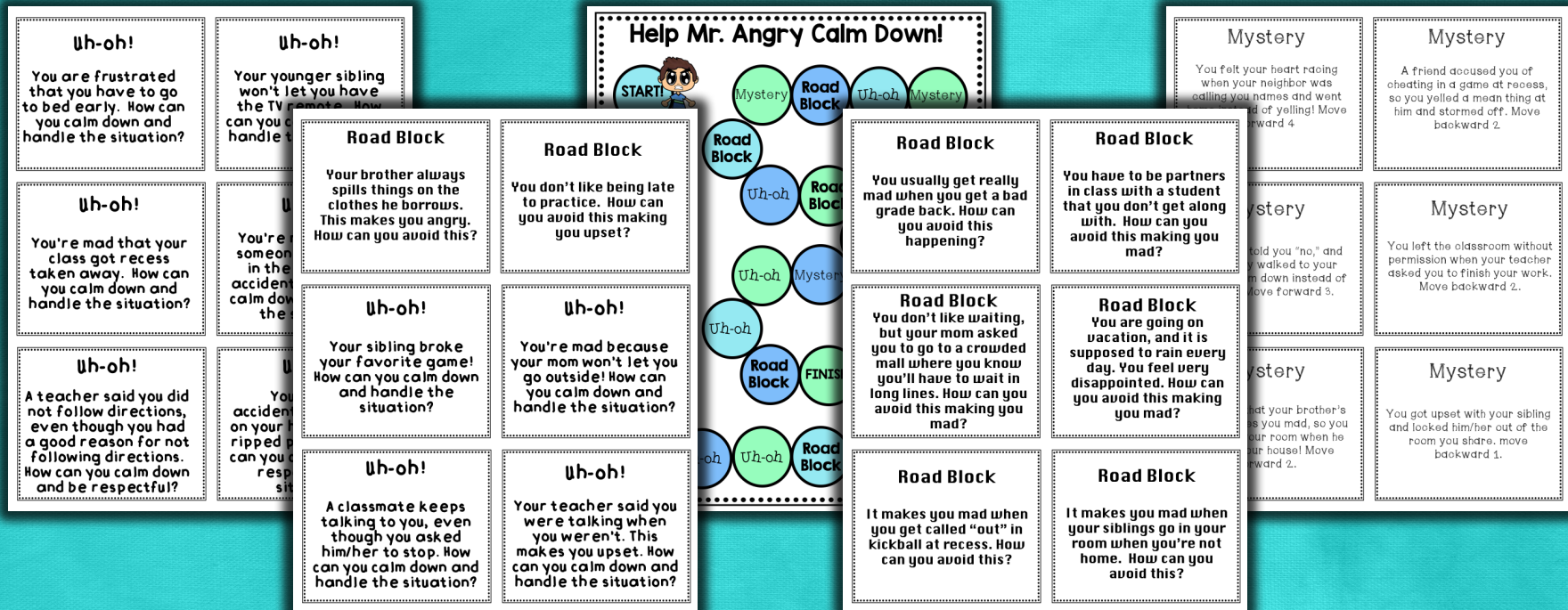


Anger Management Board Game

Includes:

- Game board in color and b&w
- 14 “Road Block” Cards to help students learn about anger triggers and how to handle them
- 14 “Uh-Oh!” Cards to help students learn to cope with anger positively
- 14 “Mystery” Cards that give examples of positive and negative anger management strategies



Anger Management Dice Game

Includes:

- Game board
- 6 Anger management prompts

Anger Management Dice Game Questions

One: Name _____ in a positive _____

Two: Name _____ when you get _____

Three: What _____ your anger _____

Four: Name _____ stay calm when _____

Five: Name _____ staying calm _____

Six: Name _____ mad and describe _____ time it happens _____

Anger Management Dice Game

Roll the dice and answer the question that goes with the number you rolled. If you can answer correctly, move forward the number that you rolled.

100	Back 2	98	97	96	95	94	93	92	91
Back 2	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	Back 3
61	62	63	64	Back 3	66	67	68	69	70
60	59	58	57	56	55	54	53	Ahead 2	51
41	42	43	Ahead 1	45	46	47	48	49	50
40	Back 4	38	37	36	35	34	33	32	31
21	22	23	24	25	Ahead 2	27	28	29	30
20	19	18	17	16	15	14	Ahead 3	12	11
1	2	3	Back 2	5	6	7	8	9	10

These games are perfect for individual, small group or classroom counseling lessons!

