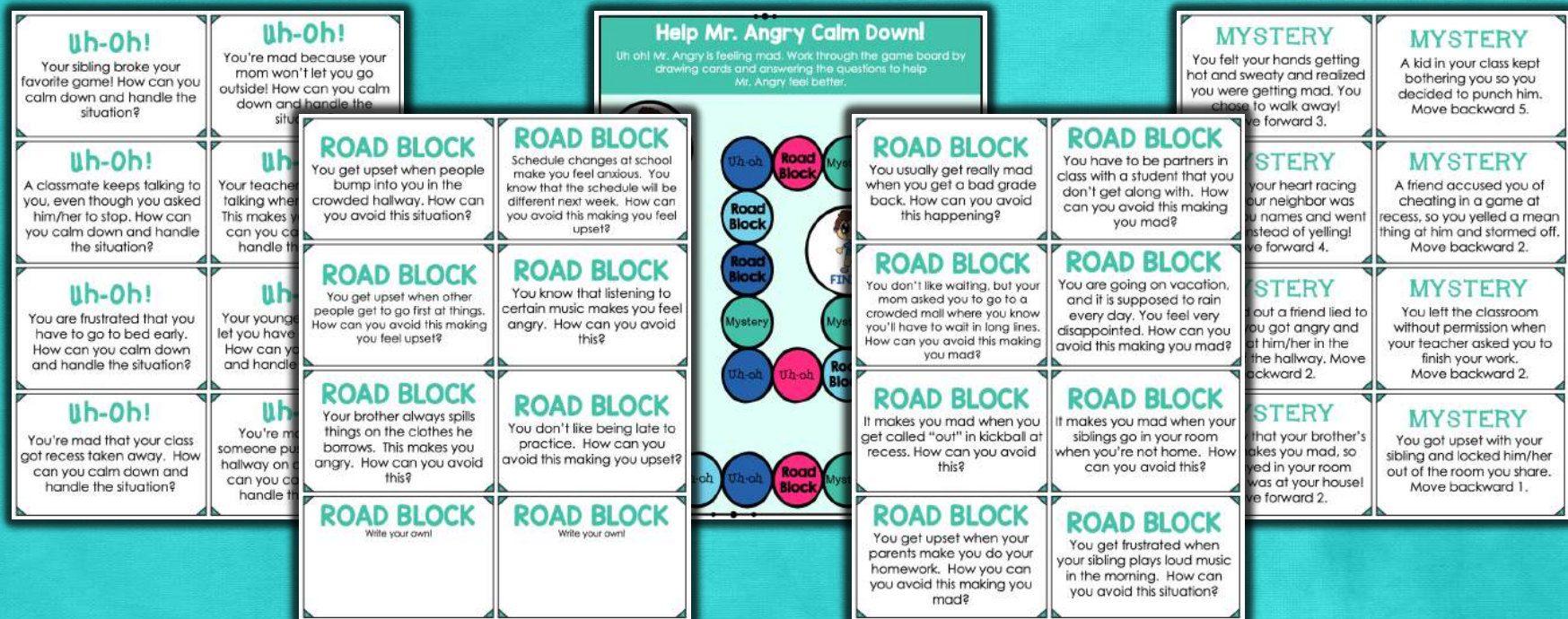


# Anger Management Board Game

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 Prompts**

One: Name someone who gets angry in a positive way.

Two: Name someone who gets angry when you get angry.

Three: When do you get angry?

Four: Name someone who stays calm when you get angry.

Five: Name someone who stays calm when you get angry.

Six: Name someone who gets mad and stay mad until 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 10	96	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	Ahead 3
61	62	63	64	Back 3	66	67	68	69	70
60	59	58	57	56	55	54	53	Ahead 2	61
41	42	43	Ahead 1	45	46	47	48	49	50
40	Back 1	38	37	36	35	34	33	32	31
21	22	23	24	25	Ahead 1	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!

