

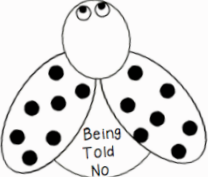
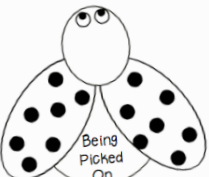
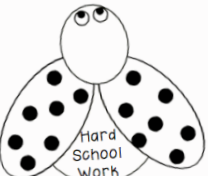
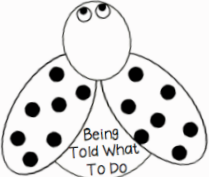
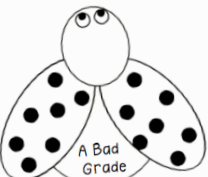
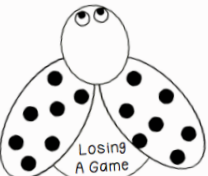
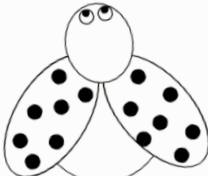

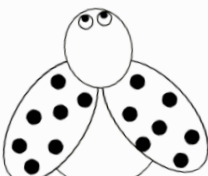
What Bugs Me

Worksheet

Name: _____

What Bugs Me?

Color in the bugs that say things that make you angry or upset. Use the last three bugs to write in your own ideas.



Freebie!

Created by: CounselorChelsey

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Teaching Anger Management?

Helping students to recognize their anger is a crucial part of anger management, and makes it possible for students to use their coping skills!

This activity will help students learn to recognize their anger warning signs by identifying how their body looks and feels, and the things they do and say when they are angry.



Click here to check it out!
<http://bit.ly/Warningsigns>

Name: _____

What Bugs Me?

Color in the bugs that say things that make you angry or upset. Use the last three bugs to write in your own ideas.

