

Anger Management Task Cards (Teens)

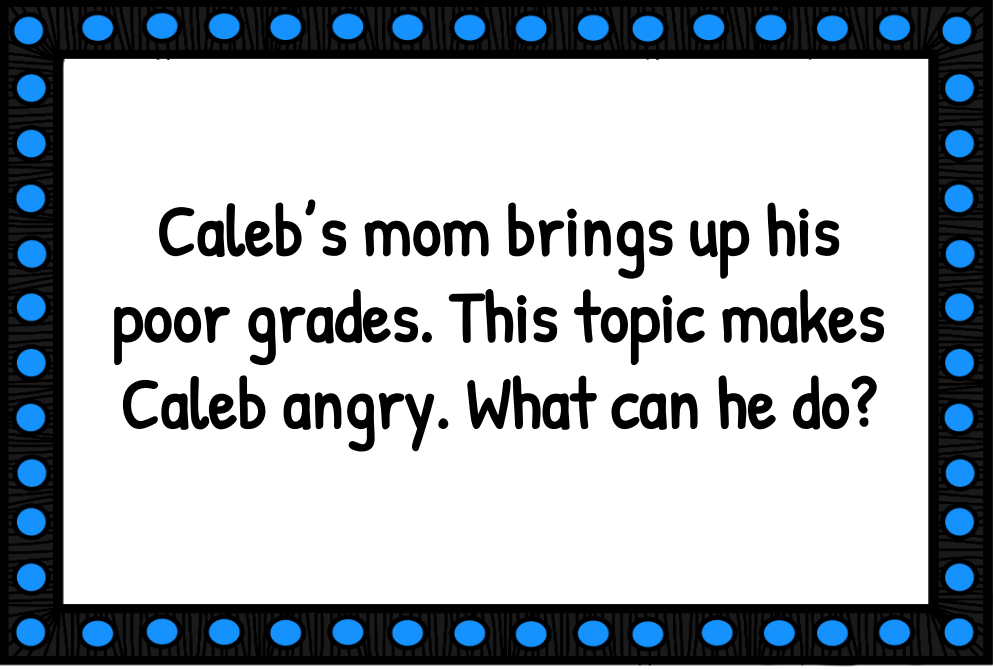
- *These task cards will help your clients explore their anger & how to cope.
- *The first several pages have cards with scenarios to explore. Following the scenarios are questions that allow clients to explore their own anger.

Jordan is waiting for his mom to come home from work so she can take him to his football game. She is running late, and he is getting angry. What can he do?

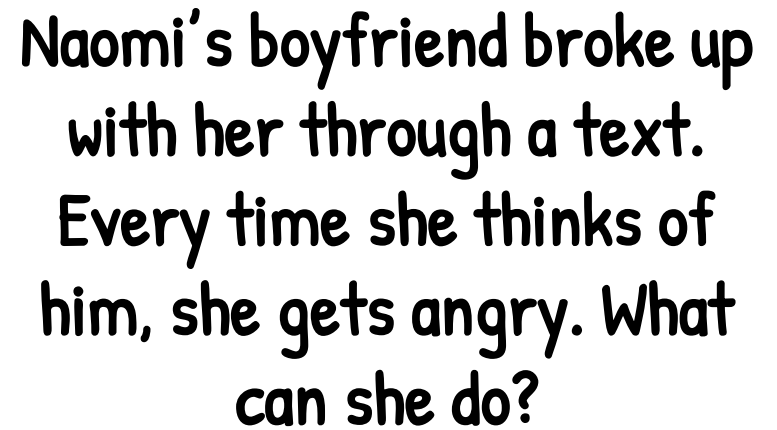
Nikki is taking notes in class, and the student behind her keeps kicking her chair. She is getting angry because it's hurting her back. What can she do?

Nathan is at the movies. The men next to him keep talking, and he is getting distracted. What can he do?

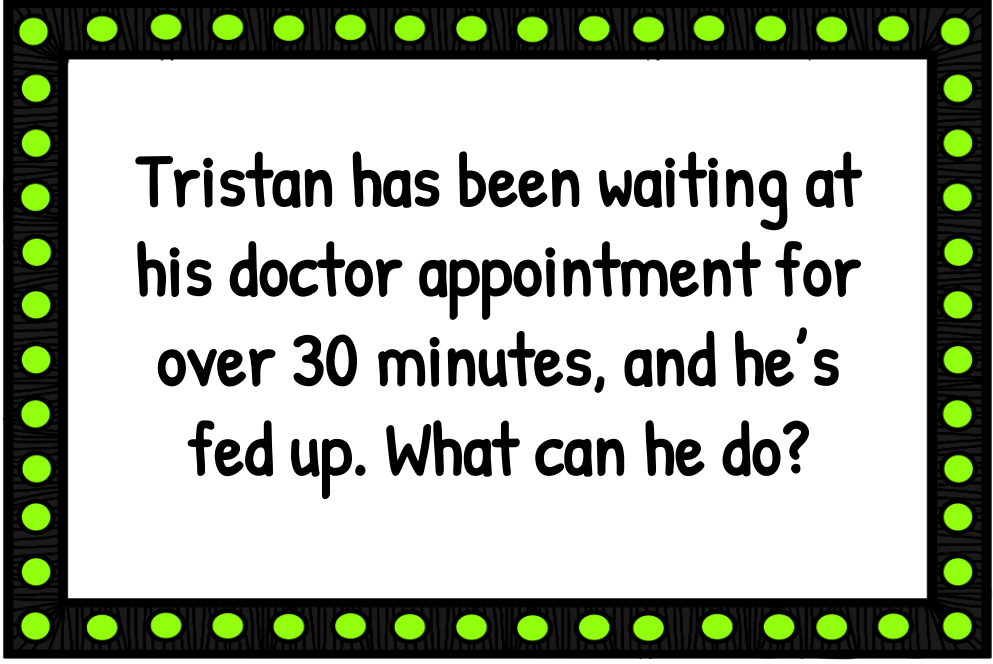
Hazel is trying to send an email, but her browser isn't loading. She is getting frustrated. What can she do?



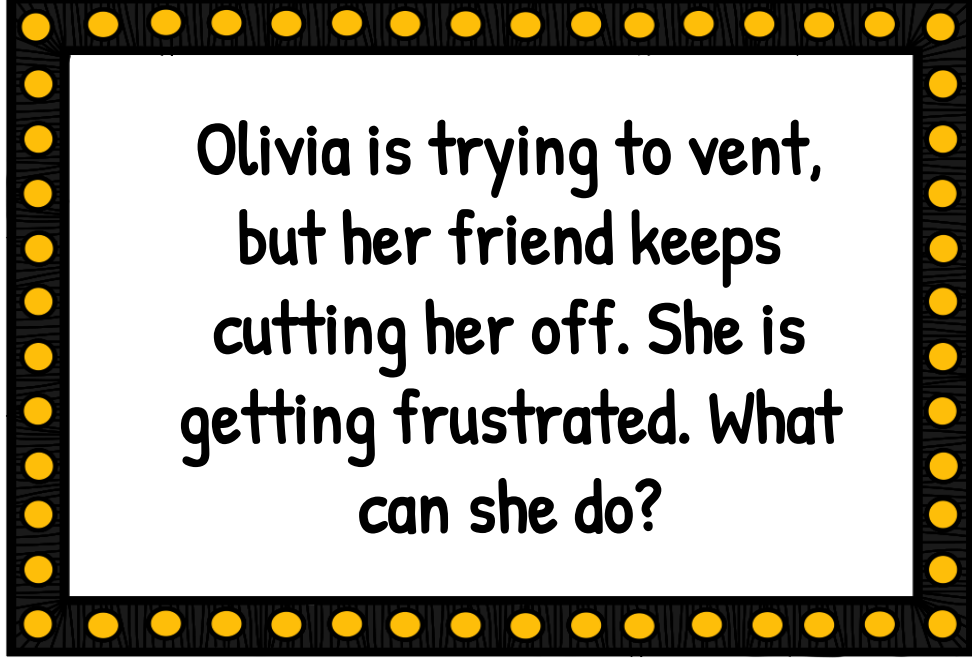
Caleb's mom brings up his poor grades. This topic makes Caleb angry. What can he do?



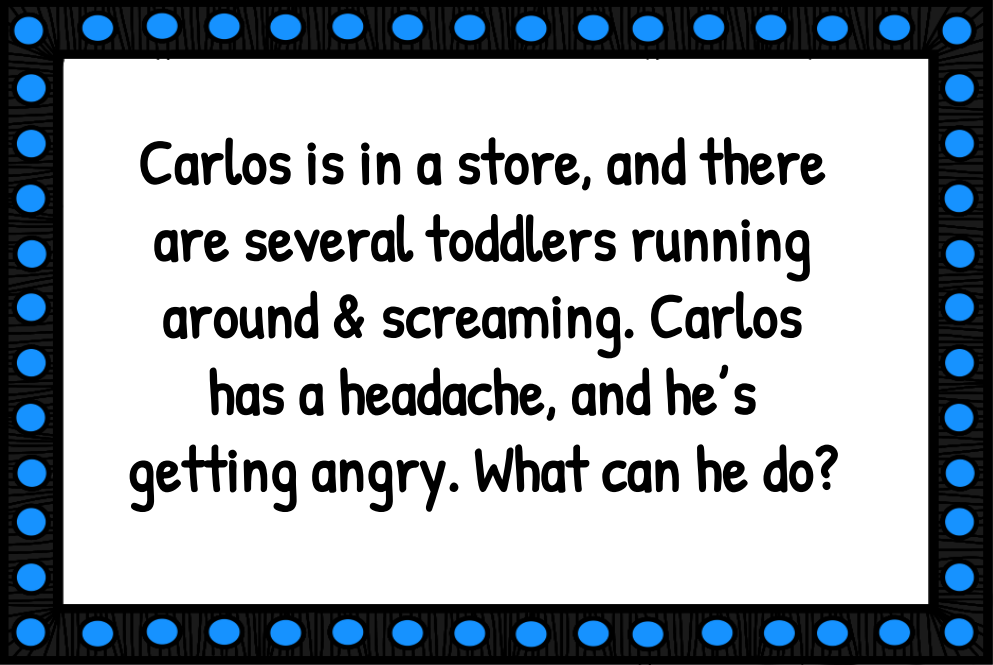
Naomi's boyfriend broke up with her through a text. Every time she thinks of him, she gets angry. What can she do?



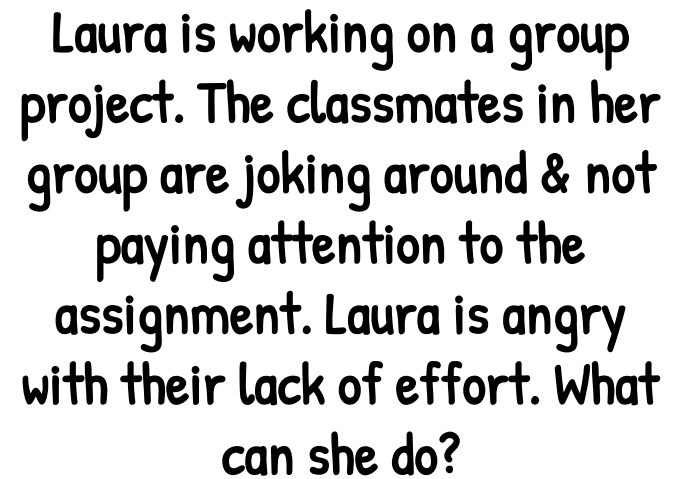
Tristan has been waiting at his doctor appointment for over 30 minutes, and he's fed up. What can he do?



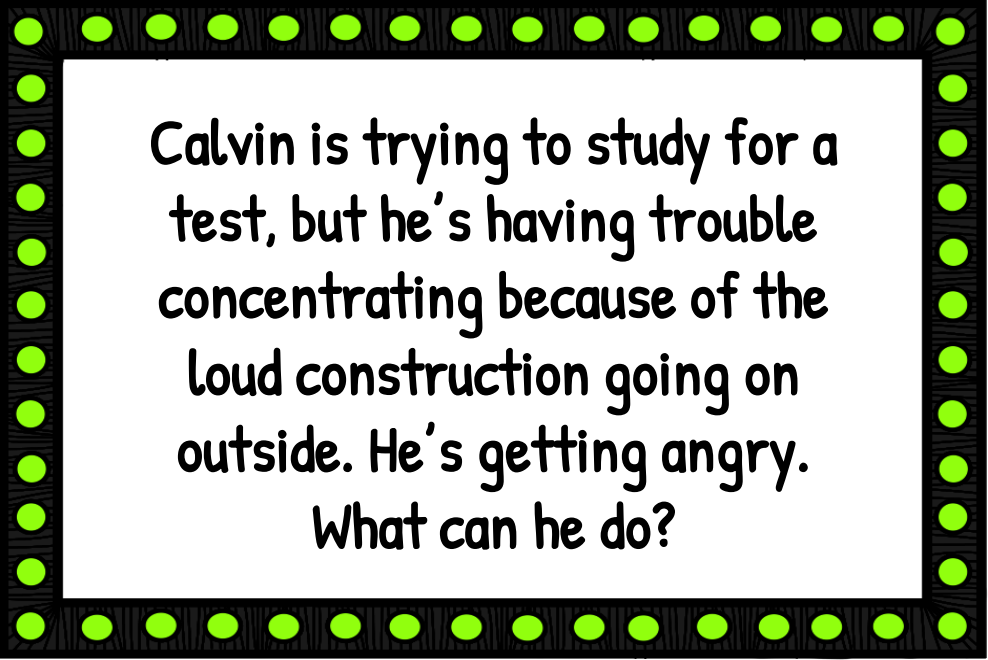
Olivia is trying to vent, but her friend keeps cutting her off. She is getting frustrated. What can she do?



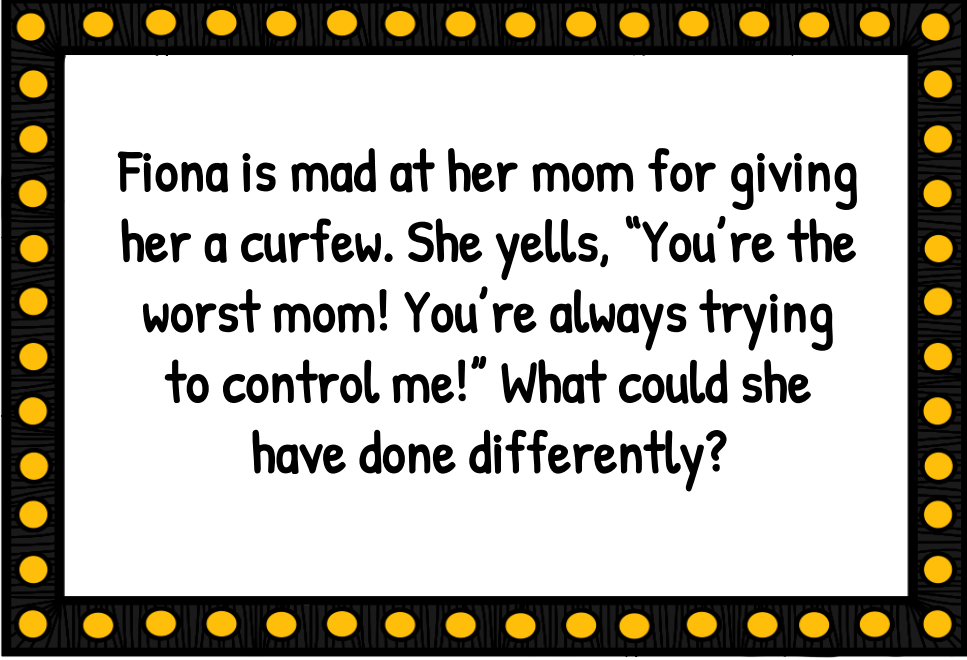
Carlos is in a store, and there are several toddlers running around & screaming. Carlos has a headache, and he's getting angry. What can he do?



Laura is working on a group project. The classmates in her group are joking around & not paying attention to the assignment. Laura is angry with their lack of effort. What can she do?



Calvin is trying to study for a test, but he's having trouble concentrating because of the loud construction going on outside. He's getting angry. What can he do?



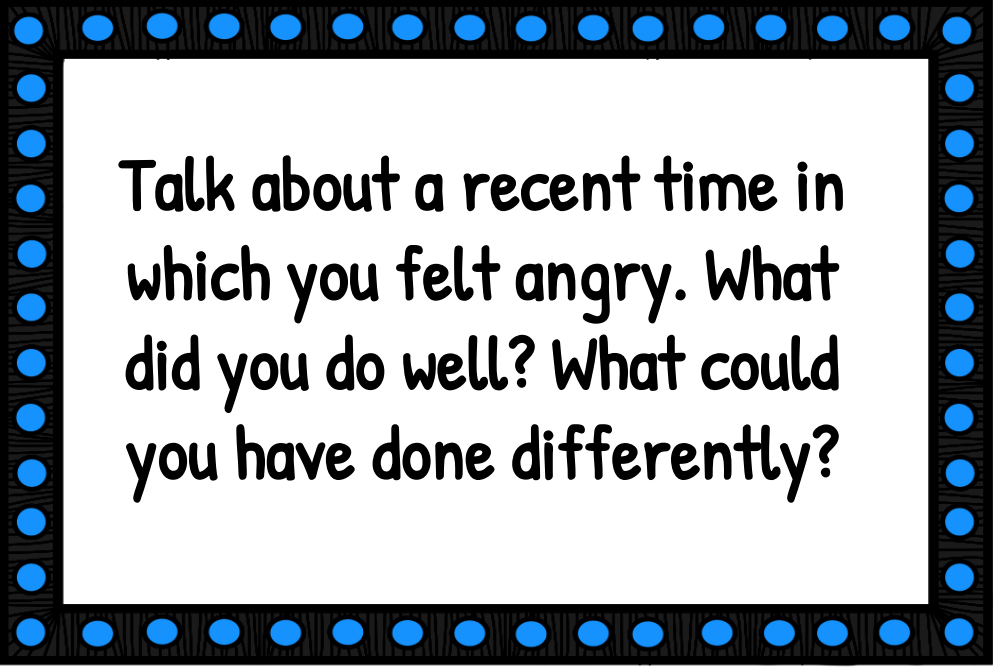
Fiona is mad at her mom for giving her a curfew. She yells, "You're the worst mom! You're always trying to control me!" What could she have done differently?

Kyle gets a pop quiz. He knows the material, but his mind has gone blank. Kyle is angry, so he scribbles down some answers without much thought and turns it in. What could he have done differently?


Scarlett asks her friend if she can help her with her homework after school, but she says that she is too tired. Scarlett is angry because she has helped her friend with schoolwork in the past. She later sends her a passive-aggressive text. What could she have done differently?

Patrick trips during a game of basketball. His friends laugh at him. Patrick gets angry and shoves one of them. He then yells at them and leaves the park. What could he have done differently?

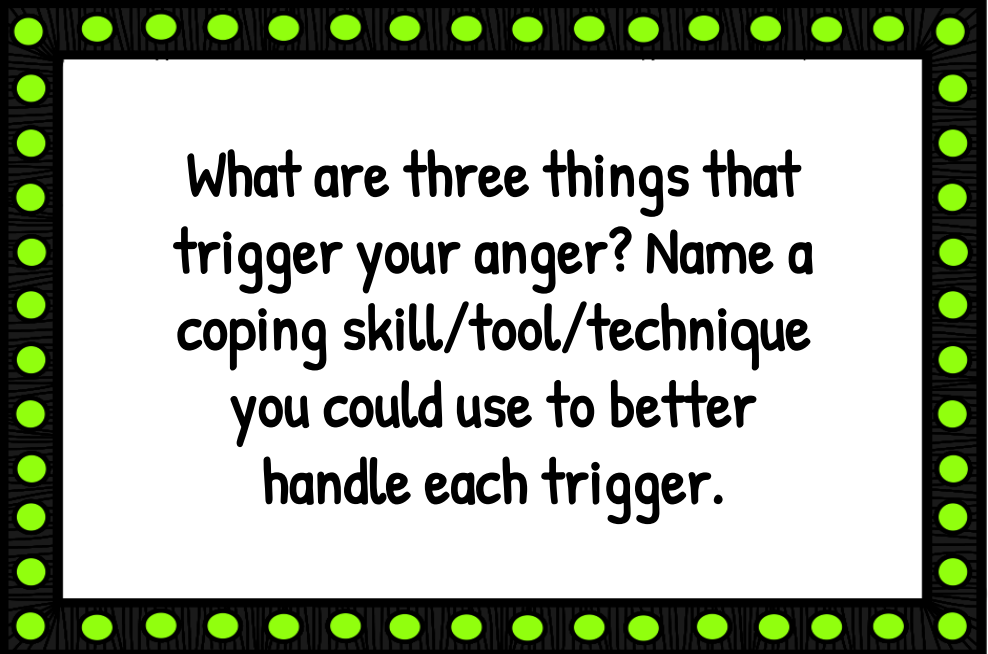
Amy's parents tell her that she can't go to her friend's house until she finishes her chores. Amy yells at her parents and leaves the house without completing the chores. What could she have done differently?

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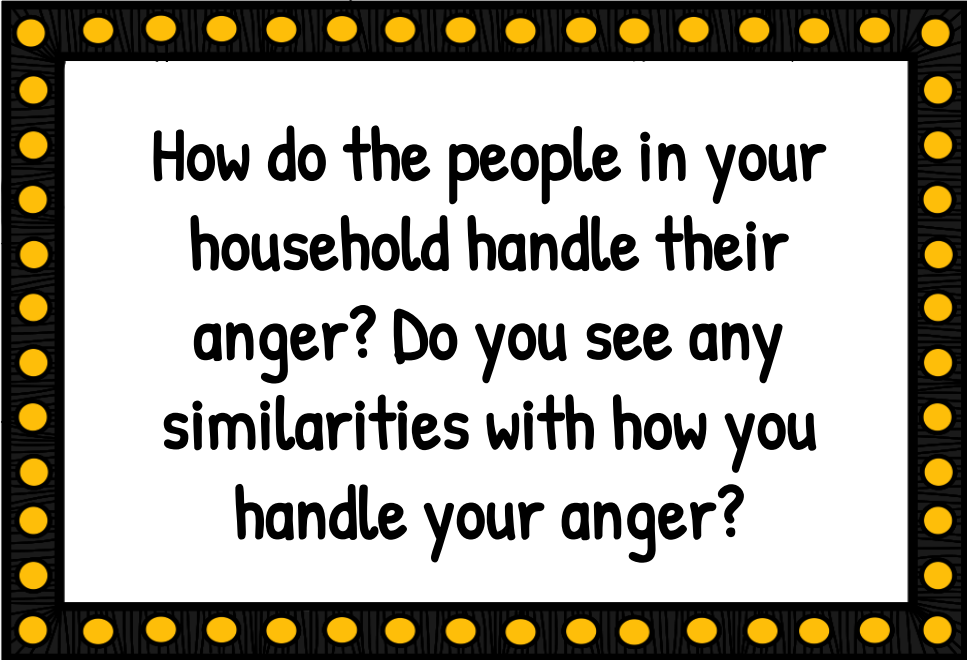
Talk about a recent time in which you felt angry. What did you do well? What could you have done differently?

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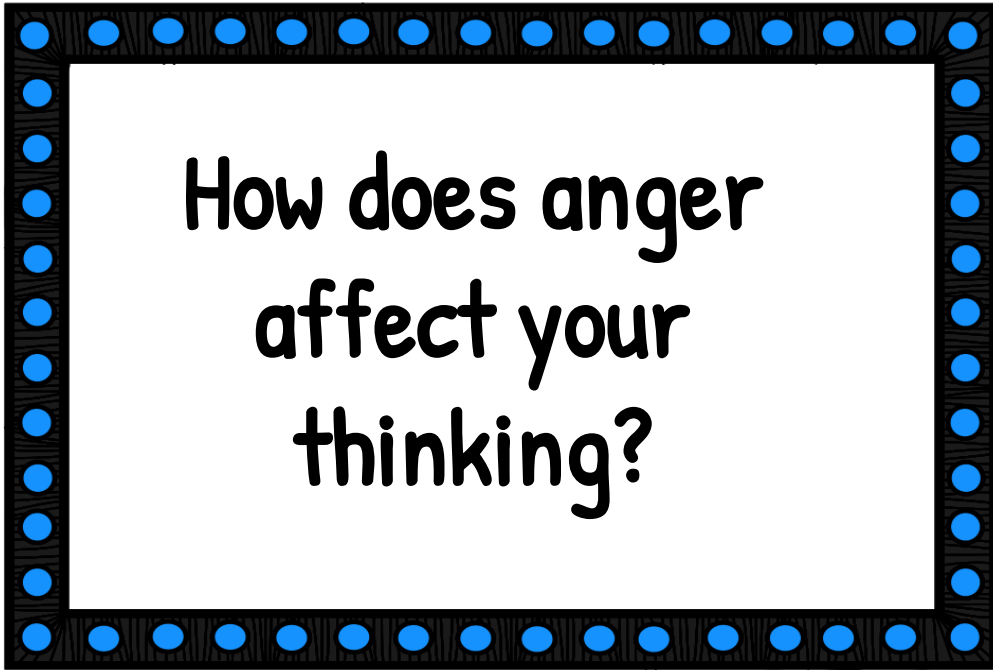
What are your top 2 coping skills for anger?

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What are three things that trigger your anger? Name a coping skill/tool/technique you could use to better handle each trigger.

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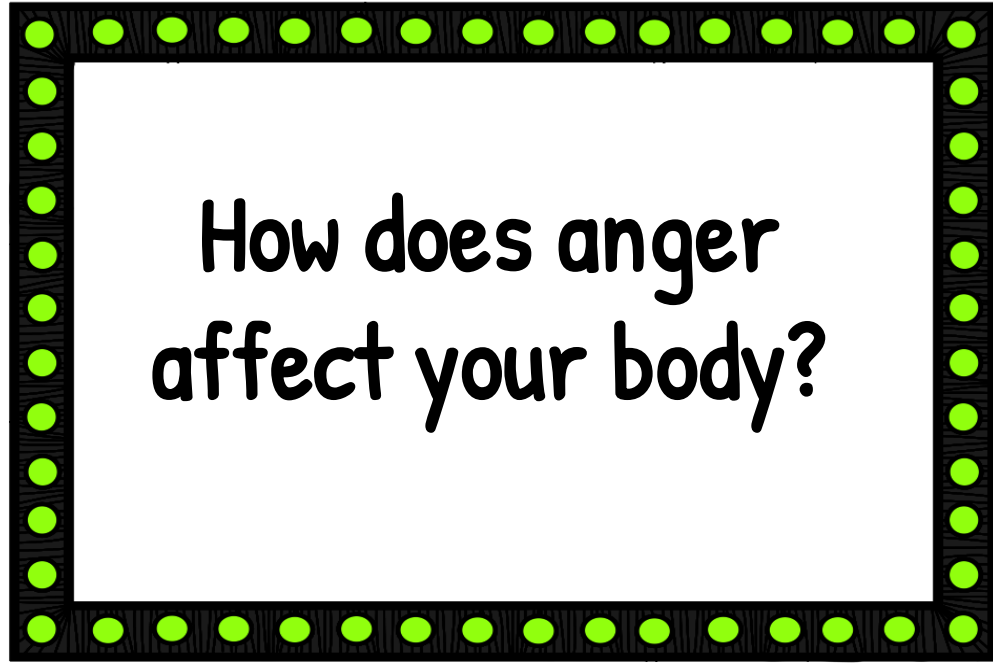
How do the people in your household handle their anger? Do you see any similarities with how you handle your anger?

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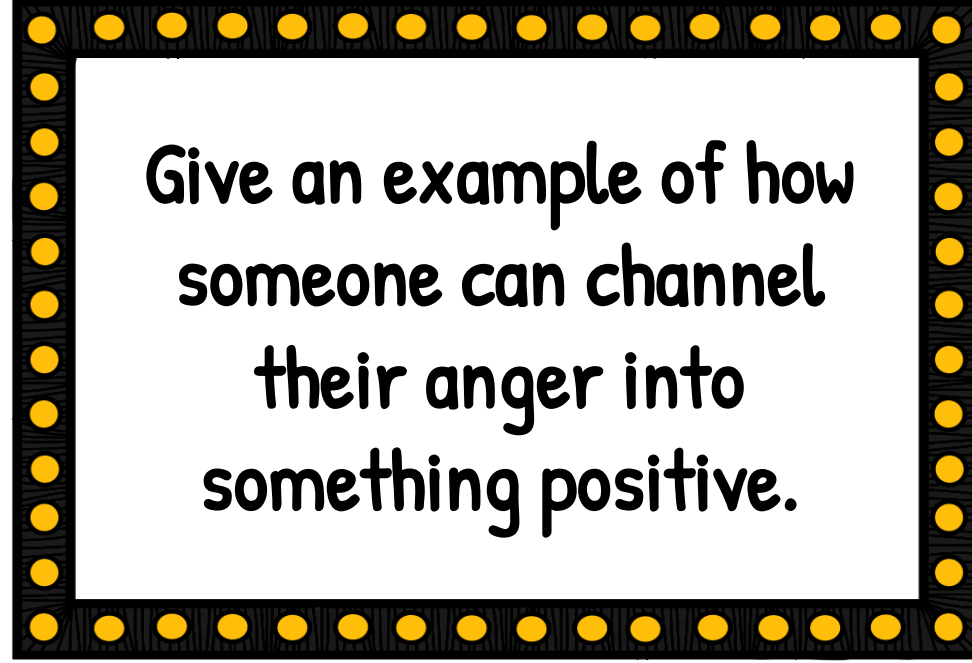
How does anger
affect your
thinking?

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How does anger
affect your
behavior?

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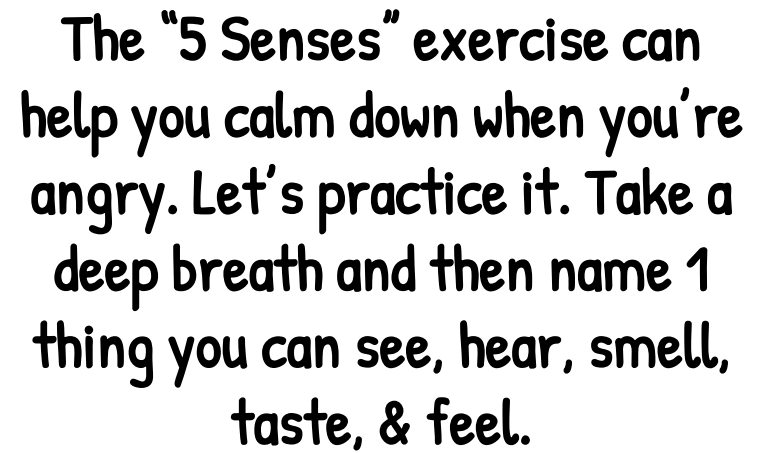
How does anger
affect your body?

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Give an example of how
someone can channel
their anger into
something positive.

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What were some things
that triggered your
anger 5 years ago?

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The "5 Senses" exercise can
help you calm down when you're
angry. Let's practice it. Take a
deep breath and then name 1
thing you can see, hear, smell,
taste, & feel.

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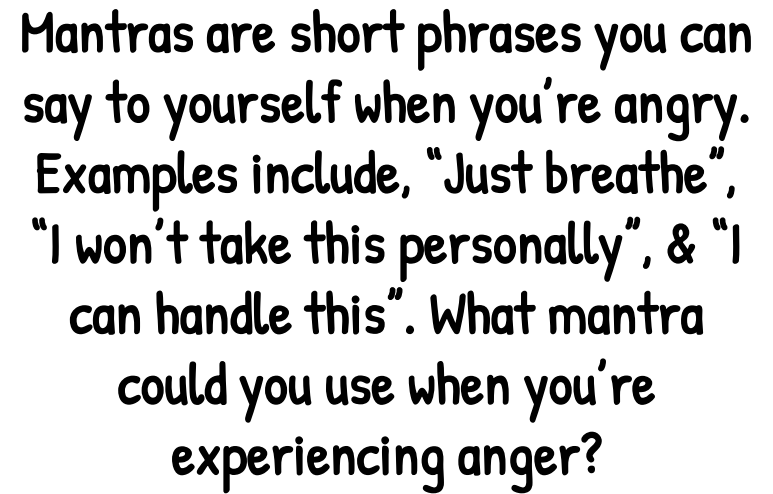
Talk about a time anger
led you to do something
you would later regret.

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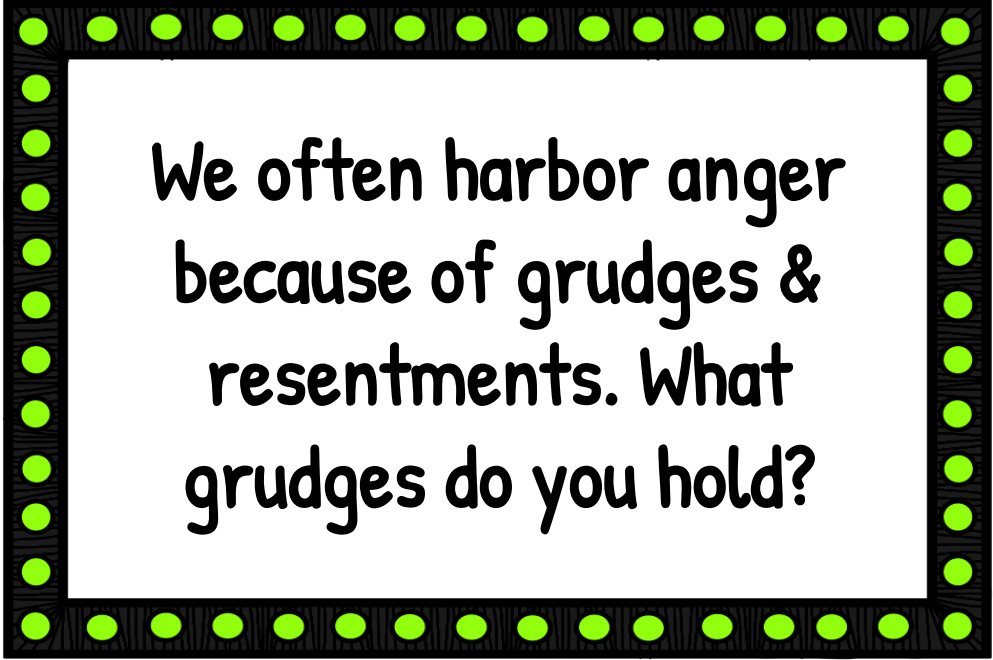
What emotions does
anger cover up?

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Talk about the last time
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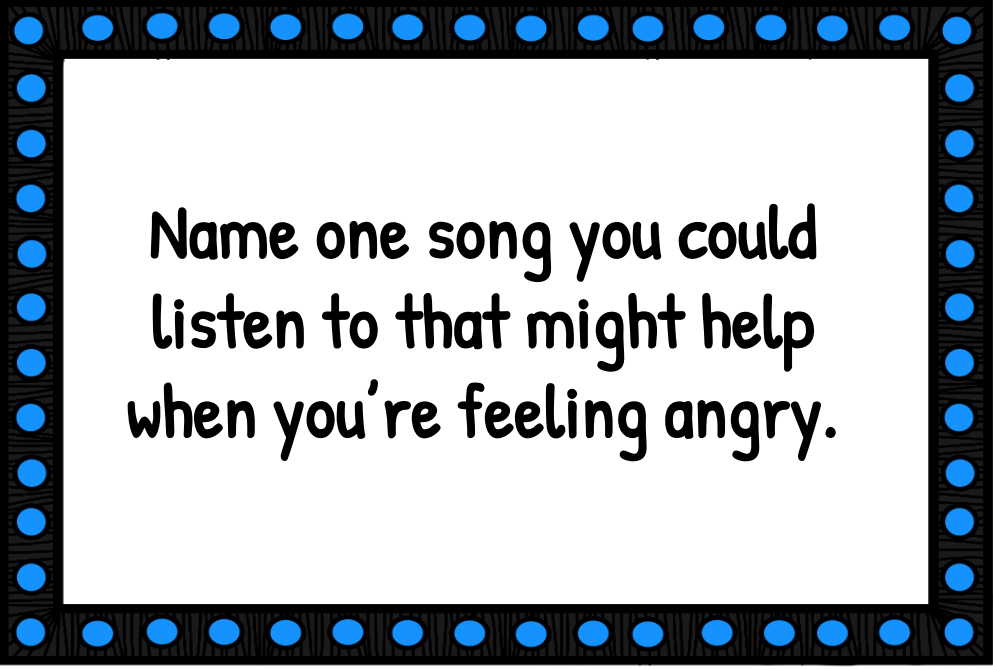
Mantras are short phrases you can
say to yourself when you're angry.
Examples include, "Just breathe",
"I won't take this personally", & "I
can handle this". What mantra
could you use when you're
experiencing anger?

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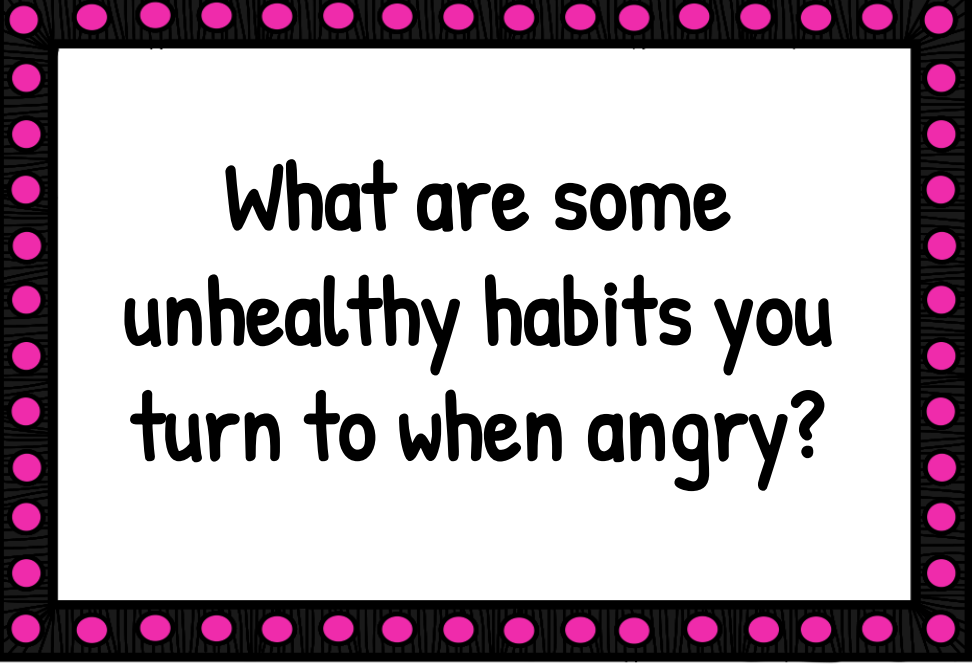
We often harbor anger
because of grudges &
resentments. What
grudges do you hold?

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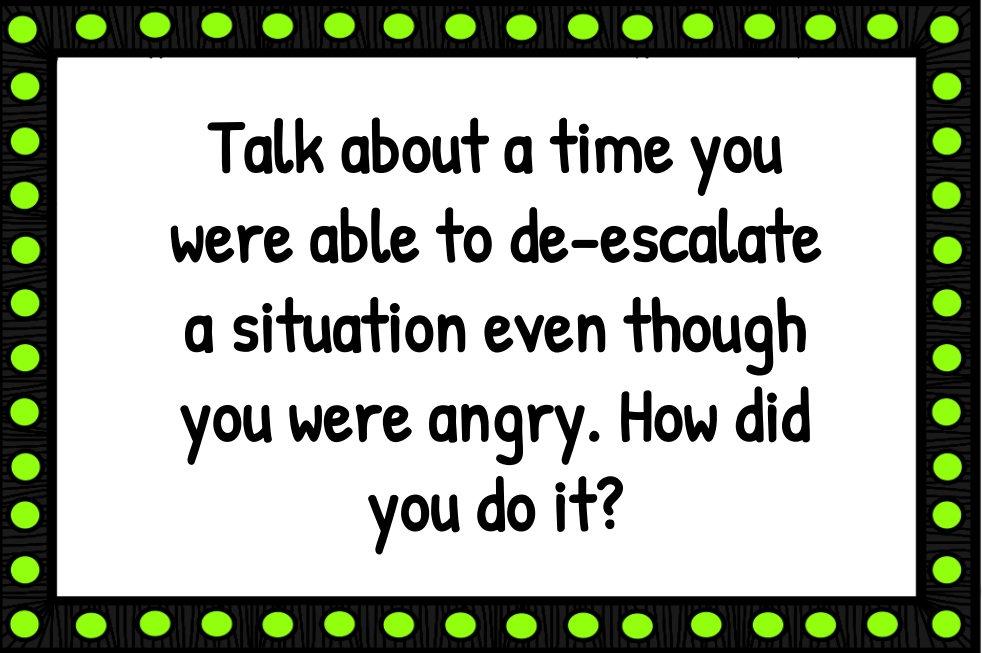
Talk about a time you were
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forgave them. What led you
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Name one song you could listen to that might help when you're feeling angry.

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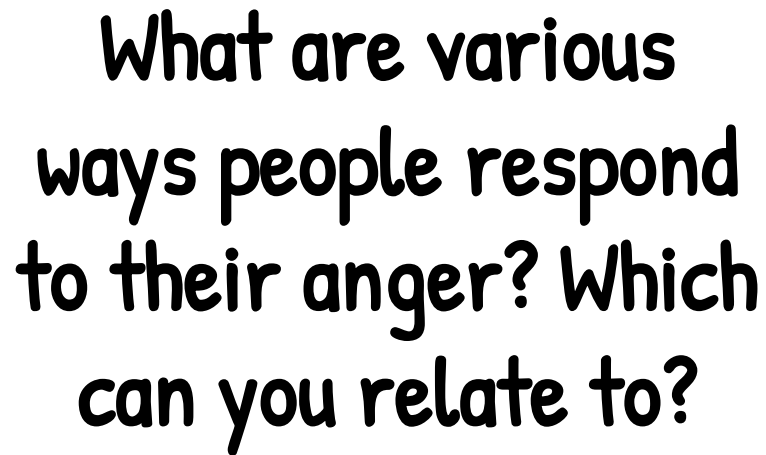
What are some unhealthy habits you turn to when angry?

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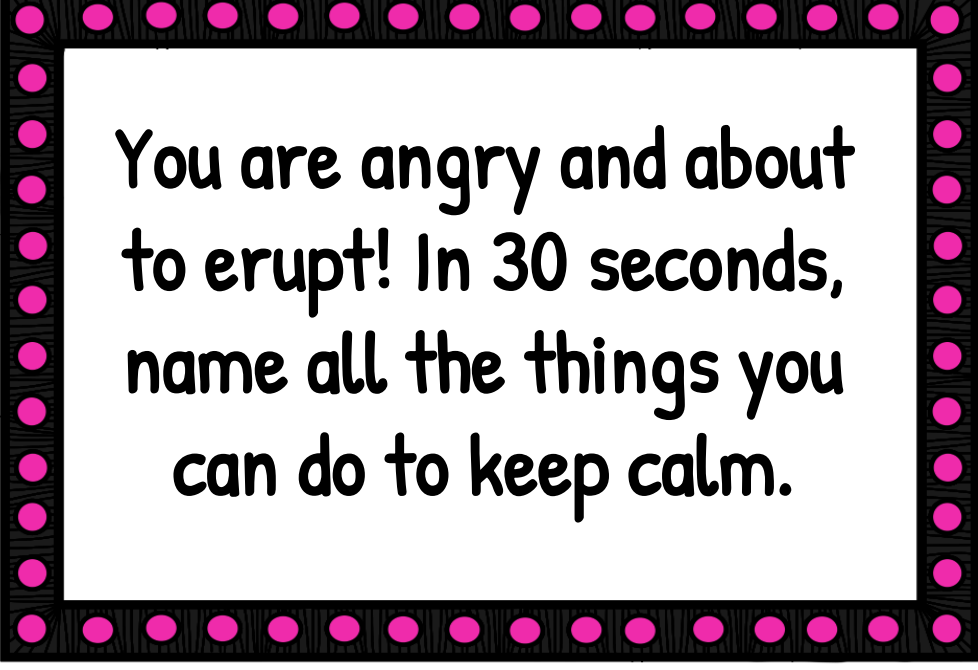
Talk about a time you were able to de-escalate a situation even though you were angry. How did you do it?

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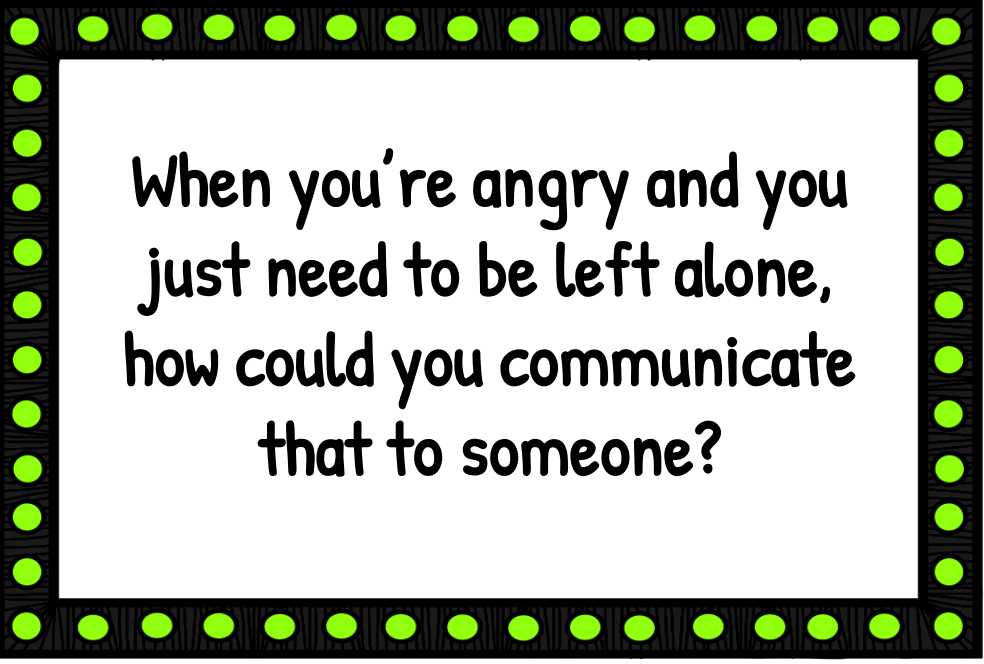
How could you communicate more effectively when angry?

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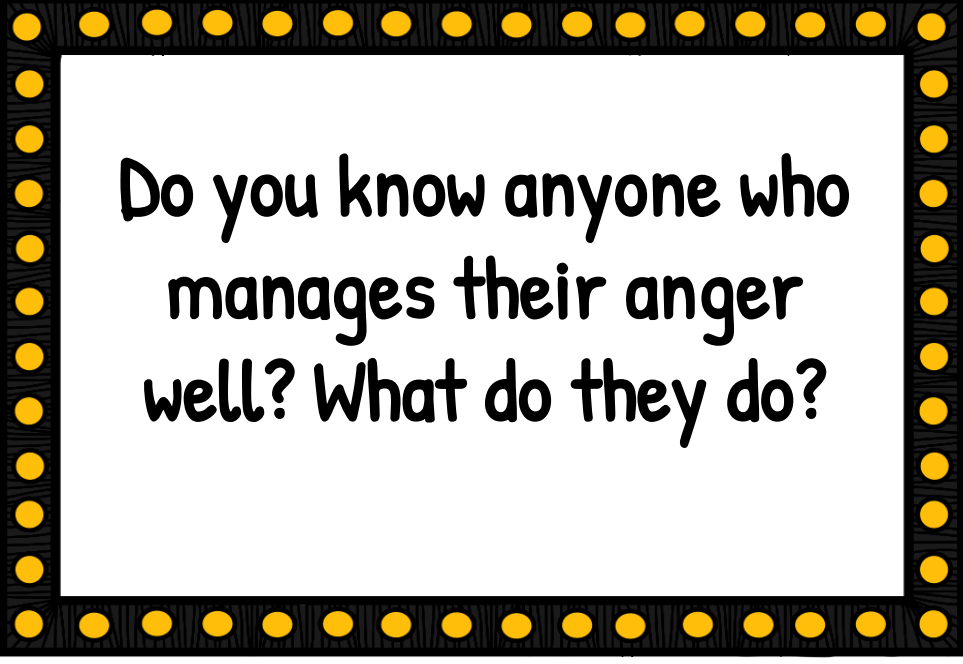
What are various ways people respond to their anger? Which can you relate to?

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You are angry and about to erupt! In 30 seconds, name all the things you can do to keep calm.

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When you're angry and you just need to be left alone, how could you communicate that to someone?

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Do you know anyone who manages their anger well? What do they do?

Interpret the following
quote:

"Anger is often more hurtful
than the injury that caused it."

Interpret the following
quote:

"Fire in the heart sends
smoke into the head."

Interpret the following
quote:

"Holding a grudge is like
drinking poison and waiting for
the other person to die."

Interpret the following
quote:

"The greatest remedy for anger
is delay."

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Credits



[Creative Clips by Krista Wallden](#)
-Thank you for the colorful frames!



[Alina V Design and Resources](#)
-Thank you for the frames!