Anger Group Steps

Body clues, cool down, next steps, and repair.

Name: _____ **Date:** _____

1. Safety first

Unsafe or a crisis?
Get help first.

2. Agreements

Hands safe. Take
turns. Passing is
okay.

3. Body clues

Find my first warning
light early.

4. Underneath

Name the feeling under
the anger.

5. Size it

Match my reaction to
the problem.

6. Cool down

Cool my body before I
solve it.

7. Next step

Choose words, space,
or help.

8. Repair

Notice, own it, make
it right.

9. My plan

Keep my reset plan and
helpers.

What this group is and is not

Practice for noticing, cooling down and choosing a next step.

Is Skill practice for groups	Body clues, cool down, next steps
Is not Not a treatment by itself	A diagnosis, a punishment, a lecture
Care Report harm as your school requires	Counselor, family, 988 if unsafe

Skill practice aid only. Does not diagnose or treat any condition.

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

If someone is being hurt or may hurt someone, tell a trusted adult now.

Not affiliated with ASCA, CASEL, Coping Power or any named program.

My Anger Reset Plan

My clues, my tools, my next step, and my helpers.

Name: _____ **Date:** _____

My clues and my feelings

My first body clue: _____

My bigger body clues: _____

A feeling under my anger: _____

Things that often set me off: _____

Cool down and think it through

Cool down tool 1: _____

Cool down tool 2: _____

A cool thought I can say: _____

A small problem I can solve: _____

Something I can control: _____

My next step, repair, and helpers

Words: I feel ... when ... I need ...: _____

Space: a place I can go: _____

Help: an adult at school: _____

Help: an adult at home: _____

Repair: what I can say or do: _____

Notes: _____

Crisis: 988 · HOME to 741741 · 911 · Tell an adult if anyone is not safe

More notes:

_____

_____

_____

_____

_____

_____

_____

_____

_____

Original layout by Lotus & Tulip, based on published anger research. Not therapy.

Anger Group Practice Log

Hot moments, my number, my tool, and my next step.

Name: _____ **Date:** _____

Day	Hot moment	Number	Tool I used	Next step
1				
2				
3				
4				
5				
6				
7				

Anger reset pocket cards (cut out)

Safety 988 · HOME · 911	**Info** Anger is information	**Clue** Spot my warning light
Under What else do I feel?	**Size** Small, medium, big?	**Cool** Breathe in 4, out 6
Next Words, space, help	**Repair** Own it, make it right	**Control** My next move is mine

Not a treatment. 988 · HOME 741741 · 911 · Tell an adult if anyone is not safe

A time I cooled down this week:

_____

_____

_____

_____

_____

_____

_____

_____

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Anger Management Small Group Curriculum for School Counselors

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4607504981 | instant digital download

See every page first: lotustulip.com/anger-management-small-group-curriculum.html

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