

LOTUS & TULIP · FREE STARTER PACK

Anger Management Worksheets

for Kids and Teens

6 real worksheets from the full set, for therapists and school counselors. Client use license included.

Ages about 7 to 16. US Letter, print or annotate in any PDF app

Anger thermometer · anger iceberg · stop, think, choose
cool-off menu · my cool-down plan · support and safety

All 18 worksheets: **etsy.com/listing/4607290983**

How to use this starter pack

Notes for the therapist, school counselor or other qualified professional

Inside (8 pages)

1. Cover
2. How to use this starter pack
3. Anger thermometer
4. The anger iceberg
5. Stop, think, choose
6. Cool-off menu
7. My cool-down plan
8. Support contacts and safety

One way to use it

Start with the anger thermometer so the child has numbers for small, medium and big anger. The anger iceberg looks at the hurt, worry or embarrassment that often sits under anger. Stop, think, choose gives three quick moves to practice on everyday situations. Pick favorite skills from the cool-off menu, then turn them into a cool-down plan that the child and their adults agree on while everyone is calm.

Client use license

You may print and share these pages, on paper or as PDF, with the children, teens and families you work with, in your practice, school counseling office or telehealth portal. Please do not resell them or post the file on other websites; share the link to the free download instead.

Safety first

Frequent or intense anger can sit on top of other things, such as bullying, stress at home, trauma, poor sleep or learning differences. Use these pages alongside your own assessment. If a child talks about being hurt, hurting someone or suicide, follow your safety protocol and reporting duties right away. The last page lists the US 988 Suicide and Crisis Lifeline, the Childhelp hotline and 911.

Good to know

An educational tool for licensed clinicians and qualified school staff. It does not diagnose or treat any condition and is not a substitute for professional care.

Designed with the help of an AI generator, then reviewed and edited page by page. All wording is our own.

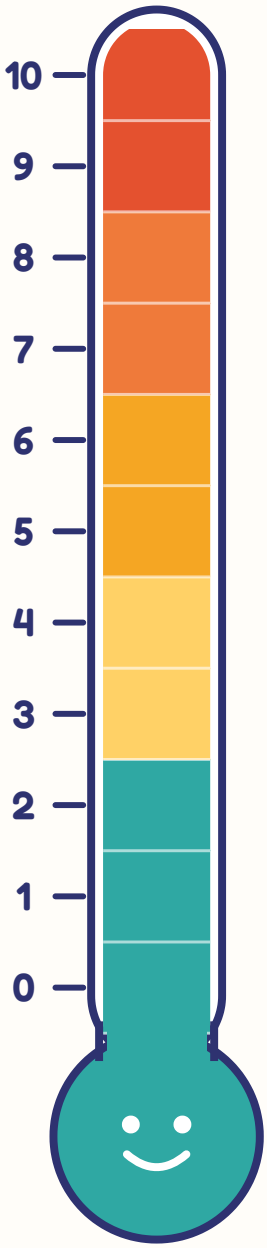
The full anger management set: 18 worksheets, 20 pages

Worksheet	In this pack	Worksheet	In this pack
Anger thermometer	Yes	My calm-down toolbox	Full set
My triggers map	Full set	Cool-off menu	Yes
Body clues for anger	Full set	My cool-down plan	Yes
Volcano warning signs	Full set	Problem solving steps	Full set
The anger iceberg	Yes	Repair and apology	Full set
My stress bucket	Full set	Anger log	Full set
Thought detective	Full set	School and home plan	Full set
How big is the problem?	Full set	My progress	Full set
Stop, think, choose	Yes	Support contacts and safety	Yes

Full anger set, EUR 10: etsy.com/listing/4607290983 · **Kids and Teens Worksheets Bundle** (feelings, anger, self esteem, social anxiety), 80 pages, EUR 24: etsy.com/listing/4607433224

Anger thermometer

Anger comes in different sizes. Give it a number from 0 to 10



Erupting 9 to 10 Yelling, throwing, hurting. Stay safe, get help.

What it looks and feels like for me	What I can do here

Boiling 7 to 8 Hard to think. Step away and cool down.

What it looks and feels like for me	What I can do here

Hot 5 to 6 Heating up. A great time to use a skill.

What it looks and feels like for me	What I can do here

Warm 3 to 4 Annoyed or grumpy. Still thinking clearly.

What it looks and feels like for me	What I can do here

Cool 0 to 2 Calm and steady. Ready for small problems.

What it looks and feels like for me	What I can do here

What usually pushes me from a 3 up to a 7?

Something that brings me down one number

The anger iceberg

Anger is the tip people see. Other feelings and needs hide under the surface



Above the water what others see me do

yelling · slamming doors · eye rolling · going silent · hitting or kicking · storming off · mean words · sarcasm

What I do

Just under the surface feelings that hide under anger

hurt · embarrassed · left out · jealous · worried · disrespected · ashamed · lonely · disappointed · stressed · scared · tired · overwhelmed · treated unfairly

What I was really feeling

Deep down what I need

to be heard · respect · to feel safe · to belong · rest · fairness · some control · help · space · comfort

What I needed

Think of a recent time I got angry. What happened?

If I had said the feeling underneath, what would I have said?

One way I could ask for what I need next time

Stop, think, choose

Three quick moves between feeling angry and doing something



STOP
Freeze my body. Take one slow breath. Say "pause" in my head.



THINK
What are 2 or 3 things I could do? What would happen next with each?



CHOOSE
Pick the choice that is safe, fair and gets me closer to what I want.

Situation	Stop: how I pause	Think: my choices and what happens next	Choose: my best choice
My sibling grabs the remote while I am watching something.			
A classmate laughs when I get an answer wrong.			
I am told to stop gaming and come to dinner.			
My friend posts a photo of me I don't like.			
My own situation:			

The hardest part of stopping, for me

A real time I used stop, think, choose

Cool-off menu

Coping skills to order when anger heats up. Check what I tried and what helped

Quick bites — under 1 minute

	TRIED	HELPED
5 slow breaths, longer out than in	☐	☐
Count backward from 20	☐	☐
Press my palms together hard, then let go	☐	☐
Splash cold water on my face	☐	☐
Sip a drink of water	☐	☐
Name 3 things I can see	☐	☐

My own:

Main courses — 5 to 15 minutes

	TRIED	HELPED
Go for a walk or run	☐	☐
Shoot hoops or kick a ball	☐	☐
Draw or scribble it out	☐	☐
Listen to a favorite song	☐	☐
Write it down, then rip it up	☐	☐
Build, tinker or bake	☐	☐

My own:

To go — quiet, works at school

	TRIED	HELPED
Squeeze my fists, then relax	☐	☐
Feet flat, push into the floor	☐	☐
Doodle in a corner of my page	☐	☐
Ask for a pass or a water break	☐	☐
Count things in the room	☐	☐
Repeat a calm phrase to myself	☐	☐

My own:

Share a plate — with someone

	TRIED	HELPED
Talk to a trusted adult	☐	☐
Text or call a friend	☐	☐
Play catch or a game	☐	☐
Walk the dog with someone	☐	☐
Ask for a hug	☐	☐
Laugh at something together	☐	☐

My own:

Today's special: my number one skill

A skill I want to try this week

Tip: practice skills when calm, so they are ready when anger shows up.

My cool-down plan

An agreement I make with my adults while I am calm, so everyone knows what to do

When I notice
my early signs (body, thoughts, number on my thermometer)

I will give my signal
a word, a card or a hand sign the adults know

I will go to
my cool-down spot at school and at home

For about
how many minutes (use a timer)

While I am there, I will
2 or 3 skills from my toolbox or cool-off menu

What helps from the adult
for example: give me space, check in quietly, don't argue right now

I am ready to come back when
my number is at 3 or lower, and I can talk calmly

When I come back, I will
rejoin, fix what I need to, or ask for help

Me _____ Adult at school _____ Adult at home _____

Plan made on _____ We will check how it is working on _____

Support contacts and safety

Fill in with a trusted adult. Keep a copy in my bag and one at home

My safety rule: If I feel like hurting myself or someone else, or someone is hurting me, I tell a trusted adult right away. Telling is not tattling. It is how people stay safe.

Trusted adults at school (name and where to find them)

Trusted adults at home or in my family (name and number)

Other people who help me (coach, friend's parent, faith leader, relative)

My counselor or therapist

Things I can do to feel safer when anger feels too big

For the adult, in the United States: if a child or teen is in crisis or talks about suicide, call or text **988** (988 Suicide and Crisis Lifeline) or chat at 988lifeline.org. Free, confidential and available 24/7.
To talk with someone about child abuse or a child's safety at home, contact the **Childhelp National Child Abuse Hotline**: call **1-800-422-4453** or text GO to 1-800-422-4453, 24/7.
If anyone is in danger right now, call **911**. Outside the US, contact your local emergency number.

These pages support, and do not replace, care from a licensed professional. School staff should also follow their district's safety and reporting procedures.

L&T

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Liked this free printable?

The complete, ready to print version is here:

Anger Management Worksheets for Kids and Teens, all 18 worksheets

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4607290983 | instant digital download

See every page first: lotustulip.com/anger-management-worksheets-for-kids-and-teens.html

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