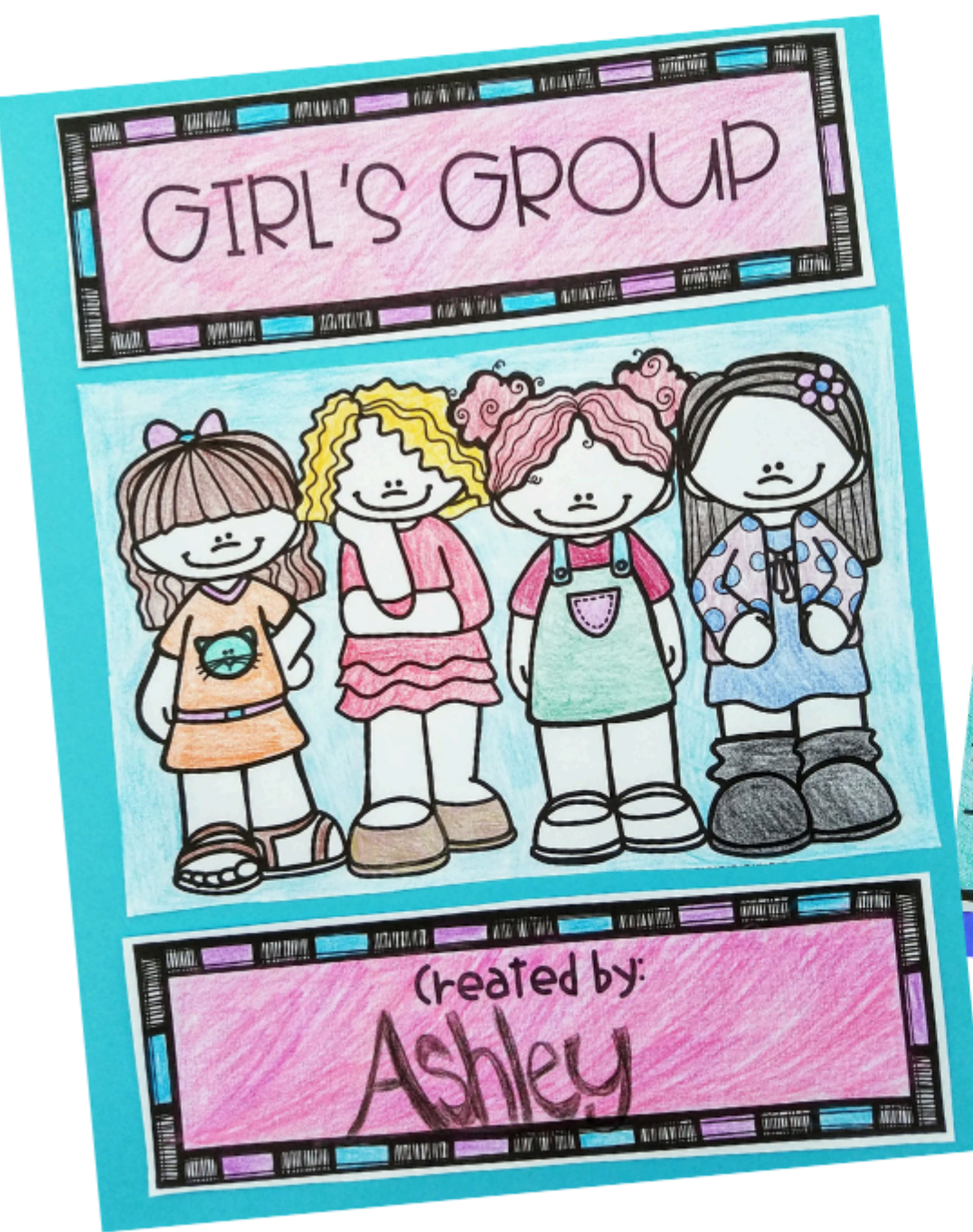
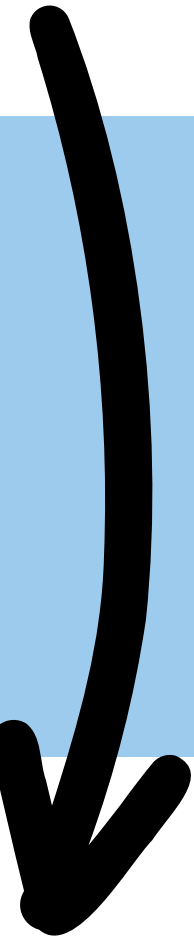


# Small Group Anger Regulation Curriculum

**SCROLL**  
to take a look inside!



# EMOTIONAL REGULATION COPING SKILLS & CALMING STRATEGIES

- Interactive Notebook Keepsake
- Ten-Week Structured Curriculum
- Lesson Plans & Outlines
- All Needed Material Included
- Teach Anger Regulation Skills



# Here's What is Included

- ★ Ten Lessons & Outlines
- ★ PreTest/Post Test
- ★ Parent Permission Slip
- ★ Directions and Printable
- ★ Interactive Activities
- ★ Highly-Engaging Lessons



# Teach SEL & Life Skills

- ✓ Emotional Regulation
- ✓ Anger Management
- ✓ Coping Skills
- ✓ Calming Strategies
- ✓ Interpersonal Skills
- ✓ and so much more!



# Detailed Directions

CALM DOWN STRATEGIES		
Tried and Works For Me	Tried and Doesn't Work	Haven't Tried Yet, But I Will
Why did it work? Breathing calms me down. 	Why didn't it work?	
Why did it work? Writing clears my mind. 	Why didn't it work?	
Why did it work? Going for walks helps me. 	Why didn't it work?	
Why did it work?	Why didn't it work?	



Interactive Cut & Glue Activities

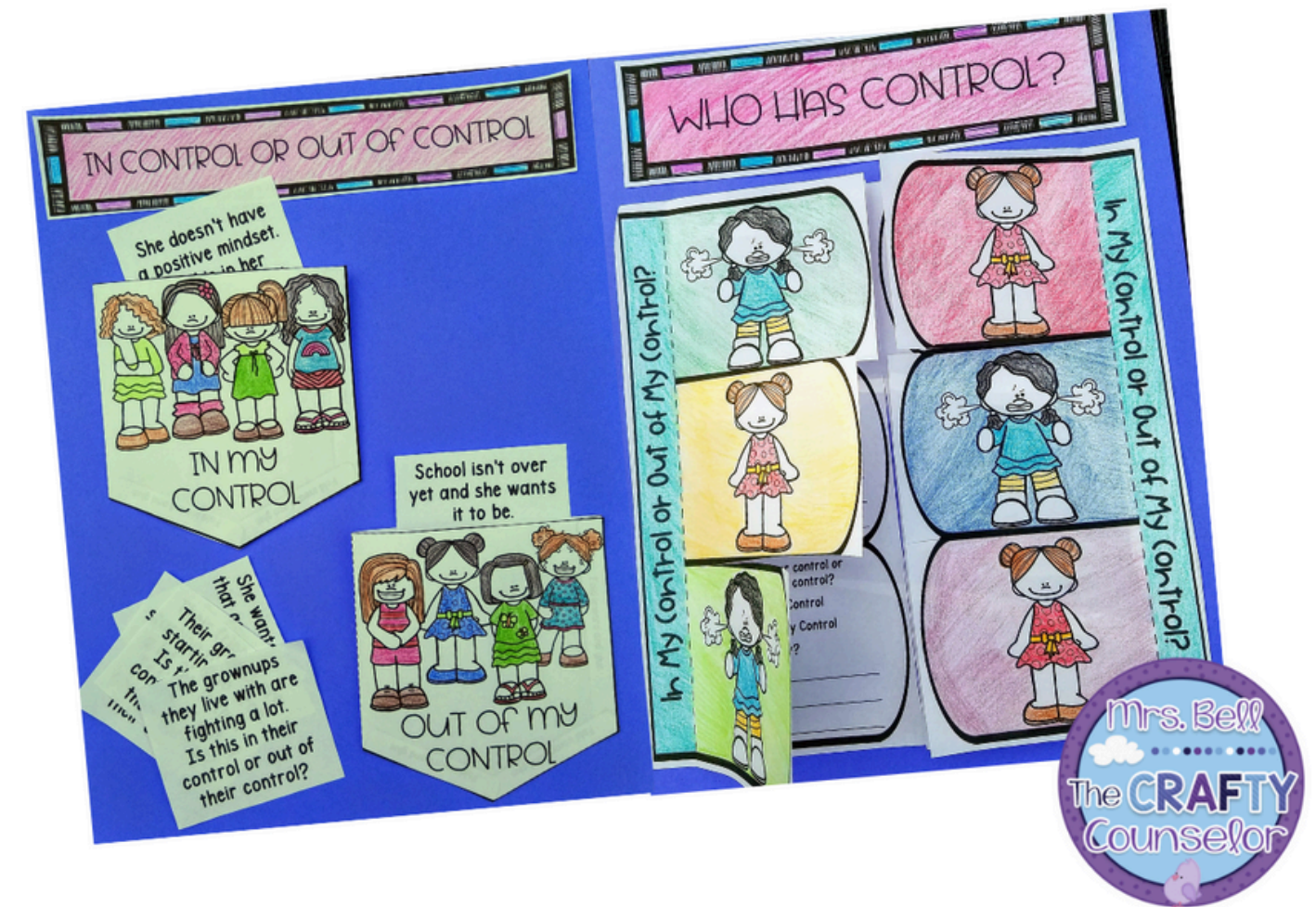
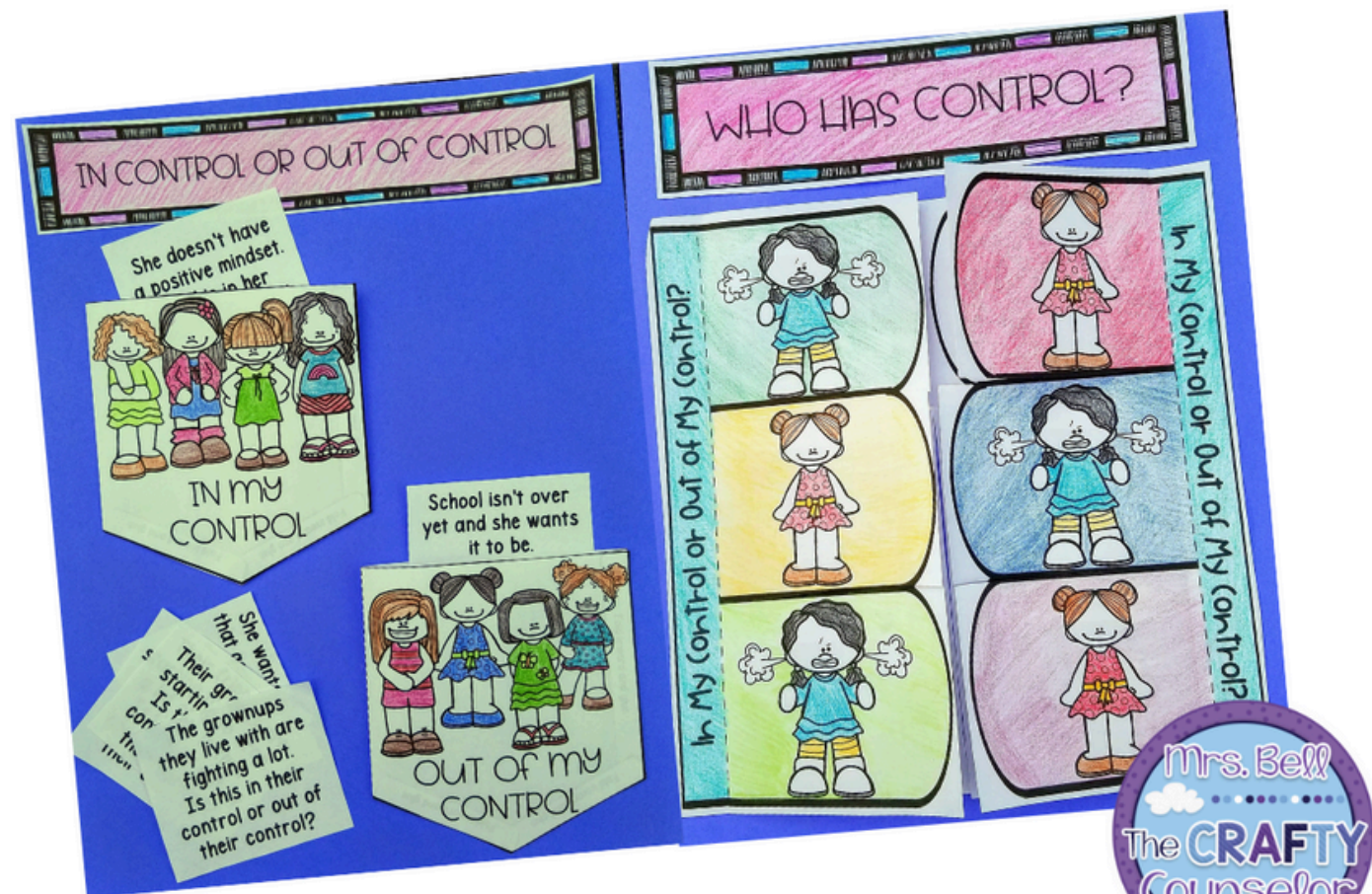


Detailed Assembly Directions

CALM DOWN STRATEGIES		
Tried and Works For Me	Tried and Doesn't Work	Haven't Tried Yet, But I Will
Why did it work?	Why didn't it work?	
Why did it work?	Why didn't it work?	
Why did it work?	Why didn't it work?	
Why did it work?	Why didn't it work?	

# Ten Weeks of Lessons

This engaging interactive book will help your students with anger regulation, anger coping and calm down strategies in a fun way!



# Notebook Keepsake

★ Bind All Pages

★ Keepsake Memory

★ Refer to Skills Learned

★ Reminder of Skills



# HAPPY EDUCATORS SAID:



Just what I was looking for. Looking forward to using this with my students. Thank you!  
- CK

Another excellent resource! And a great deal. My students love the interactive notebooks.  
- Stephanie S.

This is so much more than I thought it would be!  
- Jamie M.



# Want More?

Save off my collection of interactive notebooks when you purchase the [BUNDLE!](#)

Find out more [HERE!](#)

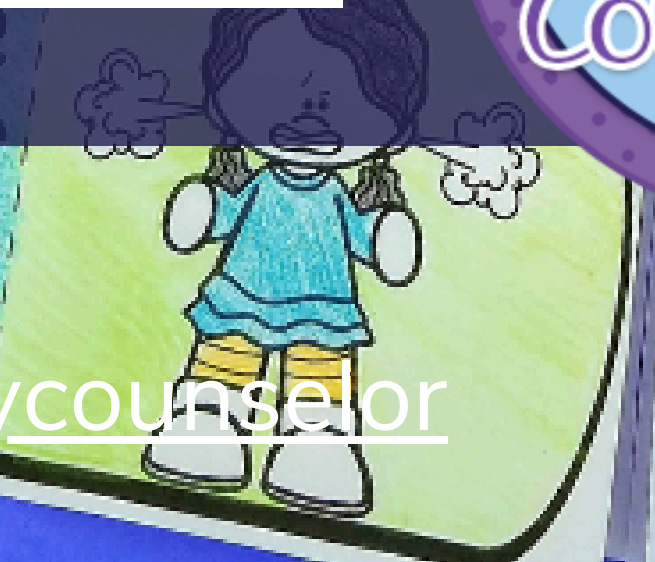
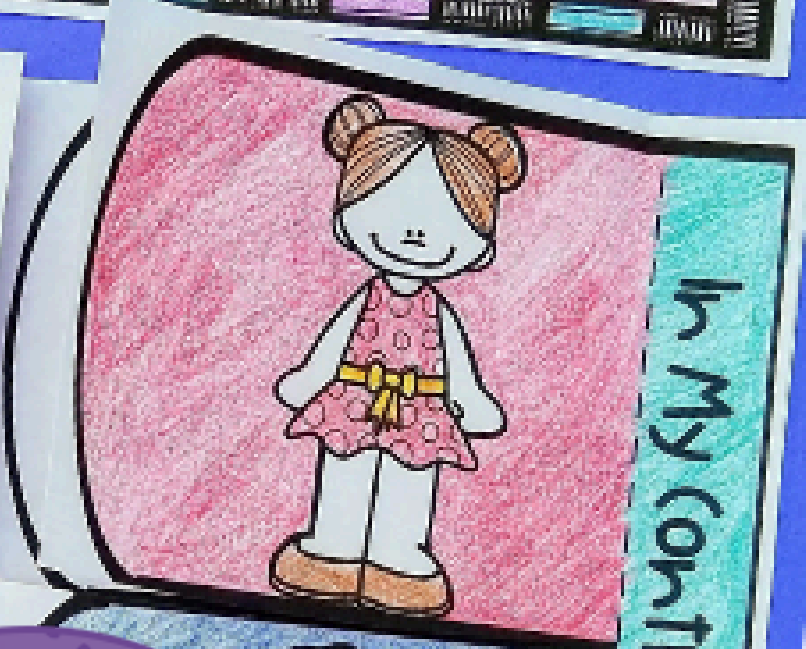
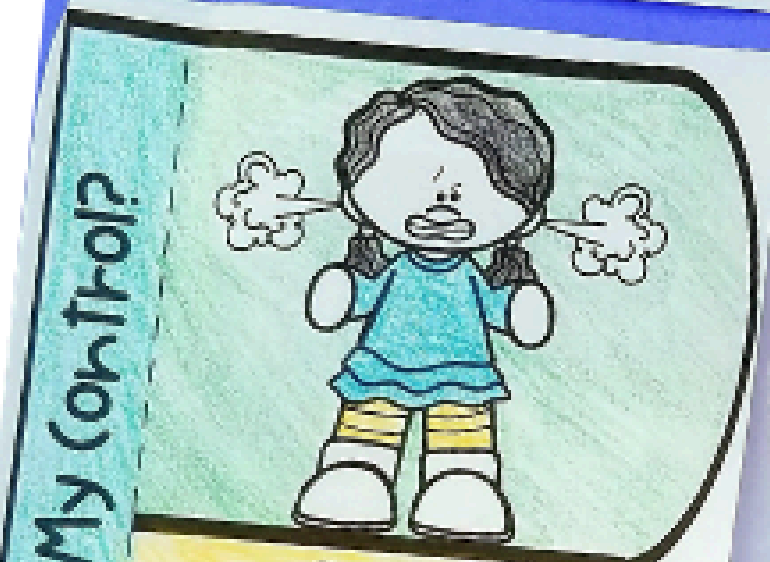
“My small groups loved these lessons. They were easy to put together, on my end, and the students were sad when our time was over. I can't wait to use this again next year. -Christina B.”



[Click to  
learn more!](#)

GIRL'S GROUP

WHO HAS CONTROL?



LET'S CONNECT!

Mrs. Bell  
The CRAFTY  
Counselor



@mrsbellthecraftycounselor

Mrs Bell