

Anger Blob Cards

Anger can control our lives. or we can control our anger. Our feelings are so important to our life; if we start the day feeling low we can miss vital moments and interactions. We can be ruled by our feelings, especially those we learned as young children, such as anger or rejection as well as happiness and calm. These cards depict different elements of the anger cycle. Using appropriate cards in a variety of activities discussed in the accompanying booklet will facilitate awareness of the causes of anger and help to work out ways to overcome those triggers. For use one-to-one or with small or large groups. Intended for use in educational settings and/or therapy contexts under the supervision of an adult. This is not a toy.



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