**Anger Management Resources**

**Anger Management Tool Kit – Binder Contents**

Single page documents(all in binder and electronic PDFs available)

* Anger Management Tips
* Anger Questionnaire
* Anger Thermometer
* Anger Tracker
* Journaling
* Script for guided meditation

Workbooks

* The ABC’s of Anger
* Anger Control Activities (grades 1-6)
* Anger Control Activities (secondary students)
* I’m Not Bad, I’m Just Mad: A Workbook to Help Kids Control their Anger
* Anger Management for Substance Abuse and Mental Health Clients (A Cognitive Behavior Therapy Manual) (PDF available)
* Anger Management for Substance Abuse and Mental Health Clients (Participant Workbook) (PDF available)
* Strategies for Anger Management- Reproducible Worksheets for Teens and Adults

**Other Workbooks & Books** **Available** (workbooks are available to borrow separately from the Anger Management Tool Kit Binder)

* Anger & Aggression Workbook
* Cool, Calm and Confident Workbook
* The Anger Workbook for Women
* The Anger Workbook for Teens *(in binder)*
* 104 Activities that Build:
	+ Anger Management
	+ Self-Discovery
	+ Coping Skills
	+ Self-Esteem
	+ Teamwork
	+ Communication
* Beyond Anger: A Guide for Men
* What’s your Anger Type? Proven Ways for Changing your Problematic Anger
* Everybody Gets Angry Book & CD

**Interactive Resources** (see list of interactive resources for item description)

* Anger Management Skills (cards w/case)
* Strategies for Anger Management (cards w/case)
* Remote Control Anger Game
* Roll-A-Role: A Game of Anger Control
* Anger Control Ball
* Anger Strategies Ball
* You Can Control Your Anger Spin & Learn Game Book

Anger poster displays and a presentation are also available.