





Be the Boss of Anger Fortune Teller

<p>Green ●</p> 	<p>1</p> <p>Name two physical signs of your body's anger response.</p>	<p>2</p> <p>Name two good ways to reduce angry feelings.</p>	<p>Yellow ●</p> 
<p>8</p> <p>Name two things you can say to a person that is irritating you.</p>			<p>3</p> <p>Name 2 things you could say to yourself to reduce your angry feelings.</p>
<p>7</p> <p>Take 3 dragon fire breaths.</p>	<p>6</p> <p>Make and "I" message. I feel _____ when _____ you _____ I _____ want/need _____.</p>	<p>5</p> <p>Tell about a time you were angry. What did you do? What should you have done?</p>	<p>4</p> <p>Give an example of something that bothers you but doesn't seem to bother others.</p>
<p>Red ●</p> 			<p>Blue ●</p> 

1. Print and cut round outside of fortune teller
2. Fold in half and in half again
3. Open out, turn over so top is blank and fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the pictures
6. Slide your thumb and your finger behind 2 of the pictures and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
8. All the pictures should now be at the front with centers touching and you are ready to use your fortune teller!
9. Donalisa Helsley, LCSW 2015 <http://www.hopehealthharmony counseling.com>