

ANGER MANAGEMENT: SESSION 3

## Fishing Game

**Objective:** Children will practice calming techniques, anger management strategies in a fun, interactive manner

**Materials:** calming cards, paper clips, magnetic fishing rod, plastic or fabric pond (optional)

**Playing the Game:**

- Attach one paper clip to each card (cards can be laminated for greater durability)
- Spread cards out face down on the floor
- Give each child a turn fishing for the fish (cards), explain that children need to catch the fish on the paper clip
- When children catch a fish, the teacher asks what the picture shows (school-age children may read explanation on card), teacher helps children explain the cards to the group and anger strategies outlined are discussed

SOURCE: Community Living Toronto, Early Childhood Services