

ANGER MANAGEMENT: SESSION 2

# Monster Playdough Game

**Objective:** Children learn and practice strategies to deal with anger.

**Materials:** Playdough, anger strategy cards

**Playing the Game:**

- Give each child a piece of playdough (shaped like a monster or in a circular form). Ask children not to touch the playdough until cards are drawn from pile.
- Cards are in a deck, teacher picks up a card and reads the directions on the card, shows children the picture
- Children are asked to mold their playdough into shapes described on card (other teacher in circle participates in game to model activities depicted on the cards)
- Teacher describes how strategy on card helps child deal with anger