




The m&m® Anger Expression - Social Skills Group Game


Sometimes we say we are angry without really thinking through why, what or who made us angry and more importantly what we can do about it.


Directions: Dump out the Fun Pak of M&Ms and sort them according to the color: orange, blue, green, red, brown, yellow. It's okay to have more than one of a color and then maybe none in another color. Put them near the circle. Then taking turns we will each answer for each color as a group. Then eat the M&Ms!

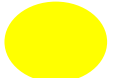
For every  say one thing that makes you angry.

For every  say one thing that you can do to cool off when you are angry.

For every  say one way you can show self-control in school.

For every  describe a time when it is hard for you to show self-control.

For every  describe a not-so-good choice you made when you were angry that made the situation worse.

For every  describe a good choice you made when you were angry that helped the situation.