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# Chill Skills In A Jar®: Anger Management Tips For Teens



## Synopsis

Learn healthy ways to cage your rage. Deal positively with your anger and maintain respectful relationships. Ages 12 & up, 101 cards, 3" recyclable plastic screwtop jar.

## Book Information

Series: In a Jar®

Misc. Supplies

Publisher: Free Spirit Publishing; Crds edition (September 30, 2010)

Language: English

ISBN-10: 157542360X

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Product Dimensions: 3.5 x 3.2 x 3.2 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars See all reviews (39 customer reviews)

Best Sellers Rank: #6,916 in Books (See Top 100 in Books) #5 in Books > Teens > Hobbies & Games > Games & Activities #13 in Books > Teens > Social Issues #70 in Books > Children's Books > Activities, Crafts & Games > Games

Age Range: 12 and up

Grade Level: 6 - 12

## Customer Reviews

I have used these in both therapy group sessions and family sessions and they have gone over very well. The teens will ask for them in group and love to act out the scenarios. We have even made a board game with them. In families it works well to get everyone to give feedback and spark discussions. Sometimes we'll look through them in individual sessions too. It has been a great addition to my therapeutic toolbox!

I feel like this is a really good product, maybe more so for therapists than teachers. I did find some topics that I felt might help a few of my students open up and discuss a little easier in this type of situation. I also liked some of the calming/coping suggestions in the jar for dealing with frustrations/anger issues.

Would recommend this product for therapists, teachers, and parents who work with angry, upset children. The product can be used in a variety of ways.

CHILL SKILLS is the same as: Temper Tamers In a Jar: Helping Kids Cool Off and Manage Anger Cards. Don't buy both as I did. I was disappointed. The product itself is very good, however they should let you know they renamed it.

I work in the counseling field. The cards have good information and are simple to use with children. However, the jar is cheap and has an odd odor the kids have complained about. A little disappointed with the price. It should be half the price.

Inner-city high schoolers with anger issues are eating this up. Worth it. Bell-ringers, exit tickets, transitions, prompts--we're doing talking circles and interviews, quoting each other, writing seamless quotations into our own sentences with parenthetical citations (practice a more formal skill in a relaxed context). This is a helpful tool in opening discussions about how quickly teens can escalate conflict. It's giving us topics for getting into how something may need to be said but not blown out of proportion.

Fun, thought-provoking, and helpful in applying anger management strategies to real life situations. Often generates relevant topic discussions and opportunities for education.

This was purchased for an 11 year old grandson. Upon opening he immediately went through all of the cards, laying them out on the floor. No particular feedback, but no news is good news. Hopefully he will pick up some tips on how to express his anger and disappointment so he won't get in trouble at school and at home. I noticed his father read through at least some of them, too, so I hope the messages will have a positive effect on the whole family.

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