



# Conversation Cards about ANGER by **MIGHTIER™**



# Challenge Cards



Communicate an emotion to a partner without using words. Can they guess what it is?



50



Try to get your heart rate down without moving. How did you do it?



44



Make a fist with each hand. Squeeze as tightly as you can and count to 10, then release. Repeat 3 times.



41



Hum the sound of anger. Now hum the sound of calm.



43



Close your eyes and listen. What is the quietest sound you hear?



37