



# 7-Day Superhero Anger Mastery Challenge

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## Day 1: Deep Breath Hero



**Mission:** Calm down with breathing.

**Activity:** When you start feeling mad, take three slow, deep breaths to help you relax. !

## Day 2: Counting Calm Hero



**Mission:** Slow down your feelings with counting.

! **Activity:** Count slowly to 10 when you start to feel angry.

## Day 3: Muscle Relaxation Hero



**Mission:** Learn to relax your body quickly.

**Activity:** When you start feeling mad, squeeze your whole body tight like a superhero flexing, then let everything go loose and floppy. !



## Day 4: Quiet Time Hero

**Mission:** Sit quietly to feel better.

**Activity:** When you feel angry, go to a quiet place and sit there quietly for a few minutes until you feel calmer.



## Day 5: Words Hero

**Mission:** Say how you feel using simple words.

**Activity:** Tell someone you trust how you feel using short, simple sentences like "I feel mad because..."



## Day 6: Walk Away Hero

**Mission:** Know when to take a break.

**Activity:** If you start getting mad while playing or talking, say "I need a break" and step away until you feel better.



## Day 7: Story Hero

**Mission:** Use your imagination to overcome challenges.

**Activity:** When you feel angry, think of a story where a hero overcomes a big challenge. Imagine how you could do the same in your situation.

# Missions Completed

Mark the box under each day as you complete it, and tell your grown-up how you mastered the challenge.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

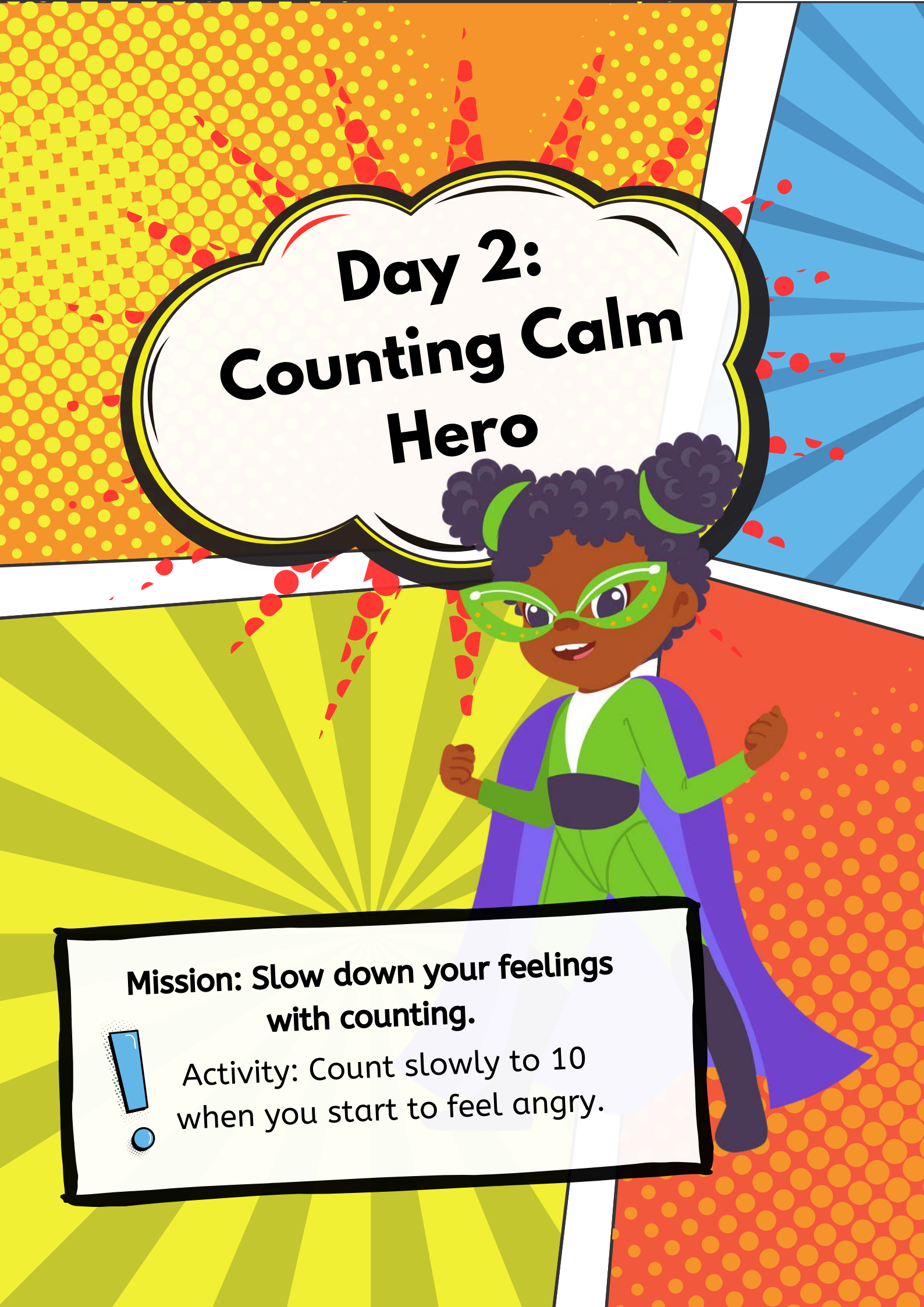
Day 7



# Day 1: Deep Breath Hero

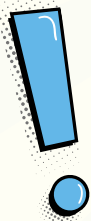
**Mission:** Calm down with breathing.  
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help you relax.



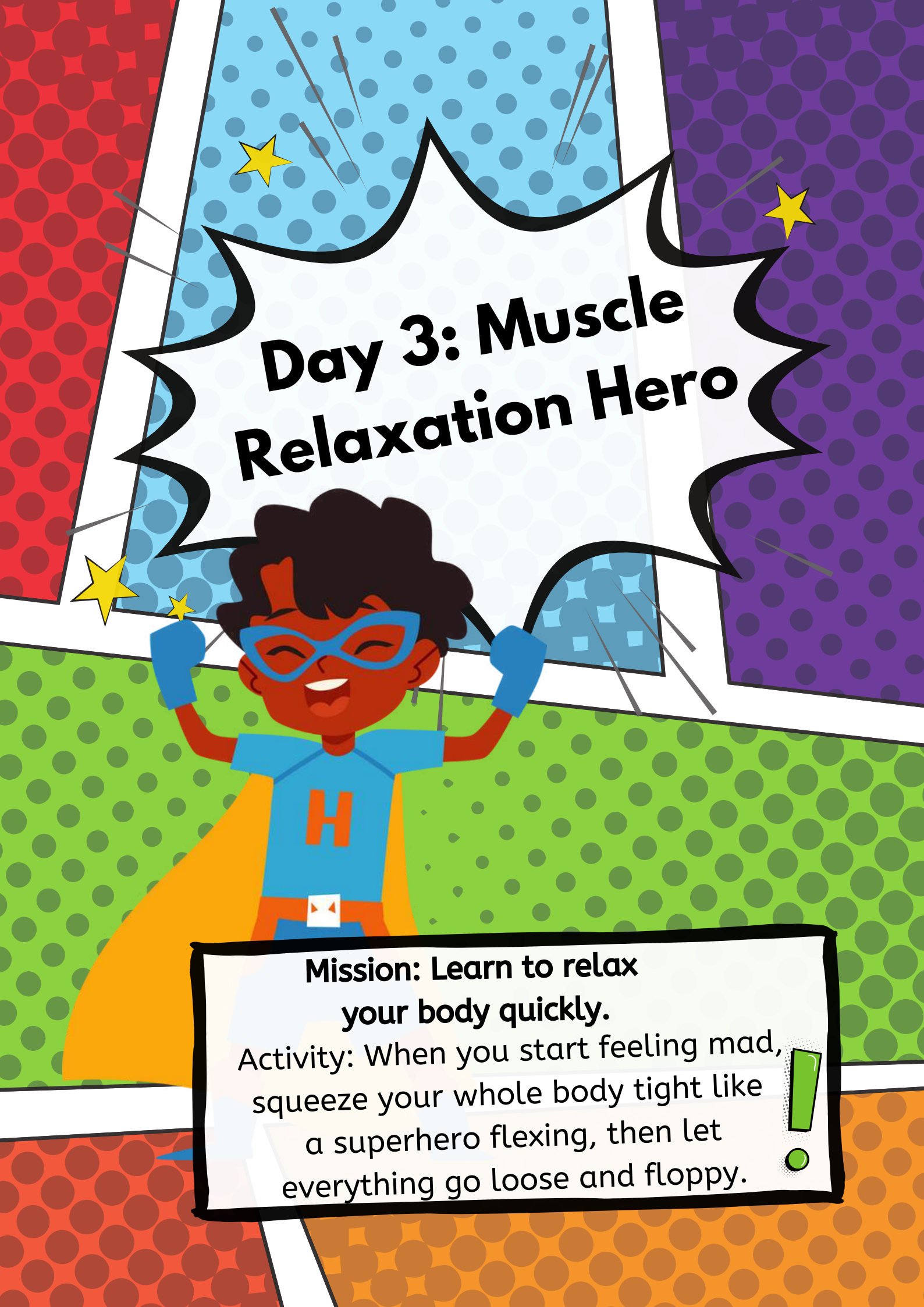


# Day 2: Counting Calm Hero

**Mission: Slow down your feelings  
with counting.**





Activity: Count slowly to 10  
when you start to feel angry.



# Day 3: Muscle Relaxation Hero

**Mission: Learn to relax your body quickly.**

Activity: When you start feeling mad, squeeze your whole body tight like a superhero flexing, then let everything go loose and floppy. 



# Day 4: Quiet Time Hero

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**Activity:** When you feel angry, go to a quiet place and sit there quietly for a few minutes until you feel calmer.



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**Activity: Tell someone you trust how  
you feel using short, simple sentences  
like "I feel mad because..."**





# Day 6: Walk Away Hero



**Mission: Know when to  
take a break.**

**Activity:** If you start getting mad while playing or talking, say "I need a break" and step away until you feel better.



# Day 7: Story Hero

**Mission: Use your imagination to overcome challenges.**

**Activity:** When you feel angry, think of a story where a hero overcomes a big challenge. Imagine how you could do the same in your situation.

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