



GoZen!

DYNAMAMO
ANGER
CARDS

Brought to you by [GoZen.com](https://www.GoZen.com)

THANK YOU SO MUCH!

Our mission at GoZen! is providing parents and practitioners with the tools they need to arm kids with essential life skills - not only to manage anxiety, but to live with deeper purpose. We can't do it without your support!

Have any questions or comments about our printable kits? Reach out to go@gozen.com, we'd love to hear from you.

YOU MAY ALSO ENJOY :



**Click here to learn more about our New
Animated Program on Anger Transformation!**

GoZen.com/anger/

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SHARING MATERIAL

We put a lot of hard work into creating these materials and other resources to help kids thrive. We kindly ask that you do not share, copy, repurpose, resell, or embed these materials into your own. If you have a special need, please email us at go@gozen.com. We'd love to hear from you. :)

TRANSLATIONS:

We are working on translations for this kit. We have it [available in Spanish here](#). We will have it available in other languages soon!

Dynamo Anger Management Game by GoZen!

Who knew teaching resilience could be so fun? In this card game, you can teach your students, clients, or children how to use their character strengths in different anger scenarios. Players will discuss different potentially triggering and frustrating situations, and which character strength they would use to cope. Have fun while boosting your student, client, or child's resilience with this fun activity!

Included in this download are **Anger Scenario** and **Dynamo (Strength)** flashcards. These cards are great for playing games in classroom or at home. Print these pages out, cut the quadrants, and laminate them (optional)! You can glue different colored construction paper to the backs of the Anger Scenario and Dynamo cards to tell them apart. :)

Here's a step-by-step guide for how to play:

In small groups (4-6 players):

1. Deal out the Dynamo cards so each player has an equal number
2. Place the Anger Scenario deck in the middle
3. Select a judge for the first round. Each player will get a turn being the judge :)
4. The judge will draw an Anger Scenario from the deck and read it aloud to the group
5. The rest of the players pick a Dynamo whose strength that they think would be helpful to use in that Anger Scenario
6. Players pass their Dynamo card face down to the judge
7. The judge shuffles and reads aloud all of the Dynamo strengths they were given
8. The judge selects the Dynamo strength they would use in that Anger Scenario and explains their choice
9. The player whose Dynamo strength got selected wins that round! The winner keeps the Anger Scenario card
10. The judge re-deals out the Dynamo cards they received to the rest of the players and the person to their left becomes the new judge
11. Repeat steps 4-10 until you have gone through all Anger Scenario cards
12. The player with the most Anger Scenario cards at the end of the game wins!

One-on-One (2 players):

1. Split the Dynamo deck in half, so each player gets 12 Dynamo cards. Place the Anger Scenario deck in the middle
2. The players will take turns reading the anger scenarios
3. Both players will choose a Dynamo for the anger scenario and explain their choice
4. There is no winning or losing in this game :) It's over when the players run out of scenarios

For more well-being, resilience, and anxiety relief tools, visit us at www.gozen.com.



The teacher didn't call on me in class when I had my hand raised.



My little sister cheated and won a game of cards.



My mom didn't wake me up on time for school.



I got in trouble for talking out in class when it was someone behind me.



My parents turned off my favorite TV show before it was over.



My friend always eats a bite of my snack without asking.



Someone cut in front of me in the lunch line.



My friend pulled the fire alarm and told the teacher it was me.



**My friend pushed me
and I fell down hard.**



**I didn't get the grade I
wanted on a test I studied
really hard for.**



**My friend thought I was
lying when I was really
telling the truth.**



**My friend got an award
in school that I thought
I was going to get.**



Someone kept stepping on the back of my shoes in line.



My sibling got the birthday present I've always wanted.



My friends got a new inside joke and they wouldn't explain it to me.



My friend spilled their drink all over my lunch.



My sibling made me late for school.



My dad ruined my favorite shirt in the dryer.



My friends made plans to hang out after school without me.



My friend copied me in art class.

Appreciation of Beauty and Excellence



Admirari

**I appreciate the beauty in
things big and small.**

Bravery



Bravo

**When a scary challenge comes my way,
I stand strong, even if I'm frightened.**

Creativity



Creatrix

**I love coming up with original ways
to solve problems, discover anything
new, and take creative risks.**

Curiosity



Curio

**I spend my time exploring things
that are new and different.**

Fairness



Fiera

I respectfully listen to every side of the story when there's a problem; I give everyone a fair chance.

Forgiveness



Frieden

When my feelings get hurt, I let them pass through me instead of staying stuck inside.

Gratitude



Gratus

I'm thankful for all of the terrific things in my life.

Honesty



Honestatis

I keep it real with everyone by speaking honestly.

Hope



Hoop

**I don't let things get me down.
I see the bright side of things
and focus on the positives.**

Humility



Humilis

I don't like to brag about my achievements.

Humor



Hilares

**I love to laugh! If a situation
gets too serious, I use respectful
humor to lighten the mood.**

Judgment



Judecator

**Before passing judgment, I consider
every possibility and point of view.**

Kindness



Karma

My favorite thing to do is to help others, even if it's not easy or convenient. I love being kind.

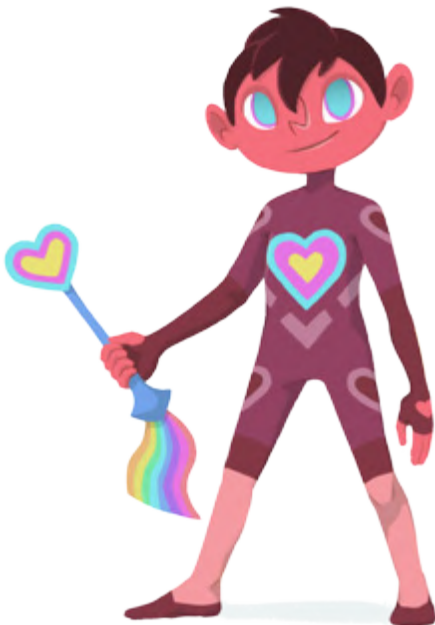
Leadership



Lideo

I can be a good leader by organizing, planning, and taking responsibility for successes and challenges.

Love



L'Amour

I care very deeply about others and their feelings, and express my love through words and actions.

Love of Learning



Lore

I am a student of anything and everything; I love to learn.

Perseverance



Prana

When I start something, I like to finish it, no matter what obstacles stand in my way. I never give up.

Perspective



Panorama

I like to help give my friends new perspectives and show them the bigger picture in difficult situations.

Prudence



Prudentia

I like to think things through before taking action.

Self-Regulation



Sama

I always want to do the right thing with my brain and body, even when no one is looking.

Social Intelligence



Sosharu

I can be friends with just about anyone because I can sense how people feel.

Spirituality



Spiritus

I am tuned into the wonder of nature and the universe.

Teamwork



Takim

I'm a great team player who supports my teammates and respects my leader.

Zest



Zesi

Life is amazing and exciting. I love to participate and give off good vibes.