

SPECIFIC LEARNING AID 16.5

Instructions for Producing a Set of Anger Poker Cue Cards

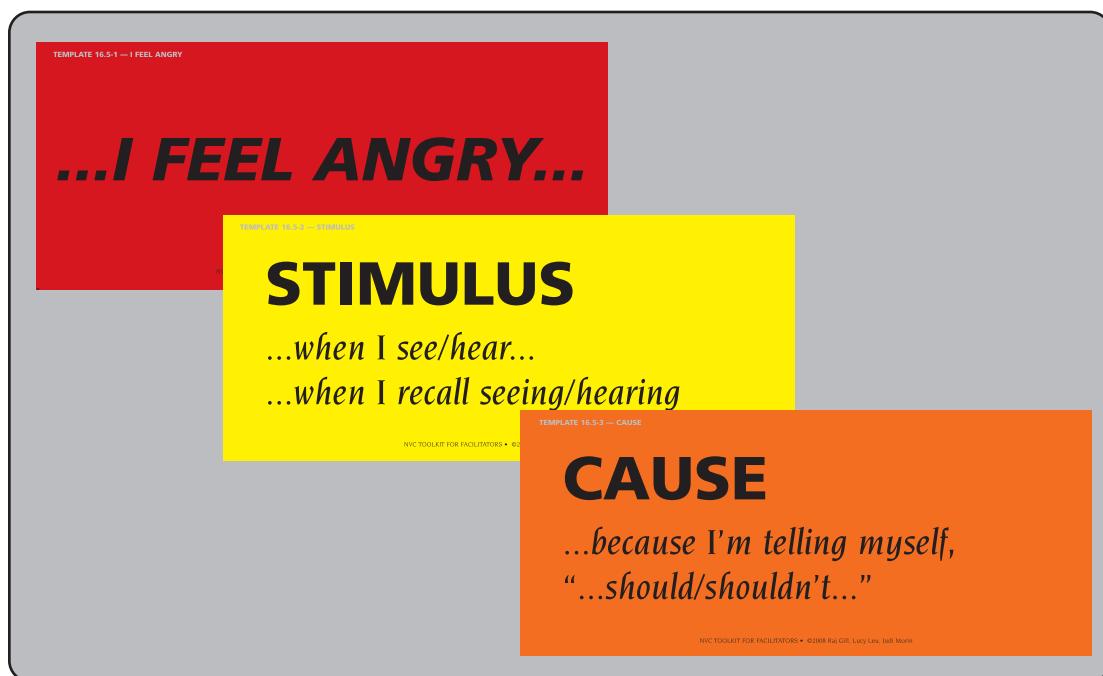
SUPPLIES NEEDED FOR CREATING 3 SETS OF ANGER POKER CUE CARDS

One set serves a small group of 5 – 7 participants.

1. 8 1/2" x 11" paper in the following colors:
 - red, 1
 - yellow, 1
 - orange, 1
2. Printer
3. Laminator and three 8 1/2" x 11" laminating sheets (If preferred, print on colored card stock paper instead of using lamination.)
4. Paper cutter
5. Elastic bands to separate and store completed sets

DESCRIPTION OF A SET OF CUE CARDS

A set of Anger Poker Cue Cards consists of three cards, one each in red, yellow, and orange.



Set of Anger Poker Cue Cards

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STEP-BY-STEP INSTRUCTIONS FOR PRODUCING ONE SET OF ANGER POKER CUE CARDS

1. Print Template 16.5–1 on red paper.
2. Print Template 16.5–2 on yellow paper.
3. Print Template 16.5–3 on orange paper.
4. Laminate all sheets. (Or use colored card stock in above colors instead of lamination.)
5. Cut each sheet along the guidelines to create three cue cards.
6. Arrange the 9 cards into three separate sets, and secure each with elastic band or paper clip.

TEMPLATES PROVIDED:

- Template 16.5–1: “I feel angry”
- Template 16.5–2: Stimulus
- Template 16.5–3: Cause

...I FEEL ANGRY...

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STIMULUS

...when I see/hear...

...when I recall seeing/hearing

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STIMULUS

...when I see/hear...

...when I recall seeing/hearing

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STIMULUS

...when I see/hear...

...when I recall seeing/hearing

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CAUSE

*...because I'm telling myself,
“...should/shouldn't...”*

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CAUSE

*...because I'm telling myself,
“...should/shouldn't...”*

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CAUSE

*...because I'm telling myself,
“...should/shouldn't...”*

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