



CURRICULUM
SPOTLIGHT:

CHILL!

An Anger Management Game

Overview

CHILL! is an engaging anger-management board game designed for children ages 5–9 and played with 2–4 players. As players travel along the path toward the Ice Castle, they explore their own emotions, identify anger triggers, and discover practical tools for staying calm. The game blends learning and fun, guiding children to “chill” through simple techniques, reflective moments, and positive emotional experiences. With every turn, players draw from a deck of five card types, creating opportunities to practice coping skills, share feelings, and develop emotional control—all while staying motivated by the race to the finish.



Skills & Concepts Children Learn Through the Game

- **Emotional Awareness & Vocabulary**

Heated Up cards invite children to share a moment when they felt angry. By recalling real experiences like a time they became upset during a disagreement or felt frustrated when something didn't go their way, they build self-awareness. Talking about these moments makes anger feel less overwhelming and helps children understand their feelings more deeply.

- **Self-Regulation Strategies**

CHILL! Cards guide players through simple calming exercises that help lower emotional “temperature.” For example, the Lazy Cat Stretch encourages kids to give a big yawn while stretching their back, arms, and legs just like a relaxed cat. These quick techniques act as a “pause button,” helping children regain control when their anger is climbing toward a 10 on a 1–10 scale.

- **Positive Self-Reflection**

Calming Block cards ask children to share a moment from the past when they successfully stayed calm instead of getting angry—for example, a time they chose to walk away from a situation or took deep breaths before reacting. Focusing on these emotional successes builds confidence and reinforces their ability to manage tough emotions effectively.



• Empathy & Perspective-Taking

Think Nice! cards present real-life scenarios and prompt players to perspective take while considering how others feel. For instance, a card may ask, “How does your mother feel when you keep complaining about the suppers she makes?” followed by, “What can you do instead if you don’t like the meal?” Practicing empathy in these low-pressure moments helps children respond more calmly and kindly during real conflicts.

• Flexible Thinking & Problem-Solving

Throughout the game, children learn to shift from reacting impulsively to thinking constructively. Whether they are choosing a better response to a scenario on a Think Nice! card or finding a calming strategy to use in the moment, kids practice adjusting their mindset and exploring healthier ways to handle frustration.



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Sample Goals to Target While Using CHILL!

- Given a “Heated Up” card, the client will identify personal anger triggers.
- Client will describe physical signs of anger (e.g., tight muscles, faster breathing).
- When presented with a “CHILL!” card, the client will demonstrate at least two calming strategies taught in the game (e.g., Lazy Cat Stretch, deep breathing, taking space).
- During a “Calming Block” card activity, the client will describe one past situation in which they were able to remain calm.
- When presented with a “Think Nice!” scenario, the client will correctly identify how another person might feel.
- Client will demonstrate flexibility by generating at least one appropriate alternative response to frustration-based scenarios.
- Client will use a pause-and-think strategy (e.g., stopping, breathing, naming the feeling) before responding to a scenario.
- Client will maintain behavioral regulation (e.g., calm voice, remaining seated, cooperative engagement) during gameplay

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