



INFORMATION SHEET

Age Group: **Children / Adolescents and Young Adults**

Sheet Title: **Anger Management (Summary)**

There are many causes of anger for those with Asperger's Syndrome. Once the situation has calmed down, it is important to find out the perceived causes of the anger and try to find ways to deal with these.

There are also strategies and activities to consider if the anger becomes very bad, from relaxation techniques to "creative destruction". Also, Carol Gray's Comic Strip Conversations can be useful to go over angry incidents afterwards.