

## ANGER

We all get angry. There are different degrees of anger to deal with. We may begin by feeling annoyed or irritated, moving into getting mad then angry until we find ourselves outraged. If as adults, we feel like this from time to time we must recognise that children will also experience these feelings. We need to let children know that it is ok to get angry. We must however, help them to recognise what makes them angry, how to identify the signs and then ultimately, how to deal with those feelings of anger.

**Anger** can be one of the most powerful **emotions** to deal with but it is temporary.

**Aggression** is a **behaviour** which often turns into an attempt to hurt / damage people or things and can often get us into trouble.

Children become angry for all sorts of reasons. They may actually be embarrassed, lonely, anxious or hurt. Anger often arises when we feel threatened yet helpless.

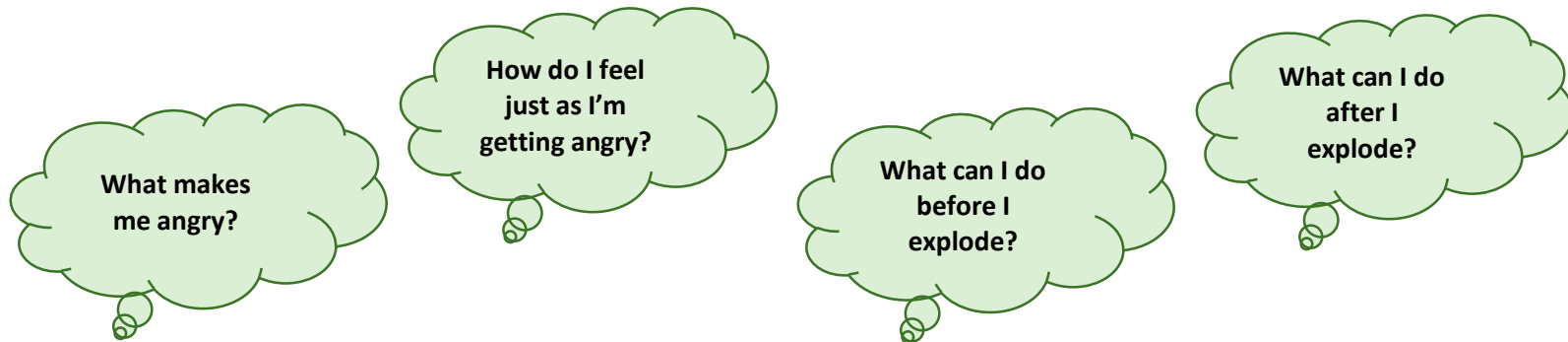
Even though we often feel helpless there are things that we, as parents, can do to help.

- Always notice good behaviour and comment on it. "I liked the way you walked away from your brother even though you were cross!" or "I appreciate that what your sister said was nasty and I am really pleased that you didn't shout back!"
- Ignore the inappropriate behaviour you can tolerate – concentrate on the "biggies". E.g. Why do children always need you when you're on the phone? It happens in every house. All is quiet and the minute you pick up the phone, the nagging starts. Walk into a different room, lock yourself in the toilet if you need to – make them wait! They only get louder because they know that you will respond to them. **Break that cycle!** Once you get off the phone, praise them for waiting!
- Say NO clearly and firmly, as needed. Recognise that "no" isn't always needed and bend the rules occasionally, explaining why you have done. Limits are necessary and need to be clear and consistent, but don't set them for the sake of it!
- Recognise how important a physical outlet / exercise is. When you start to feel angry it is ok to find somewhere safe and stomp around throwing things – it is not ok to do this in the living room or with younger brothers or sisters about. Have a pillow or soft toy to bash – not a family member!
- Give your child a hug – it won't stop the anger but it does let your child know that you understand their anger and take it seriously.
- If your child fails at something, it is far easier if they know that their parent loves them no matter what and is proud of them. Failure and set backs are part of life- be proud of them for "giving it a go."
- Use humour – carefully! Never ridicule your child, make fun of the situation.

*Control it, count to ten, walk away, talk about it calmly, not be angry (!), go away until all is calm, and then when it is all over apologies.*

Children need to know their “triggers”.

When they are calm – make a volcano together, (either paper mache or simply cover and paint a bottle) get them to think about the following questions, write down their answers and “feed the volcano.”



**Helping CHILDREN to turn...**



**THIS**



**THIS**

Have a cool drink  
Go for a walk  
Talk to or stroke a pet  
Practice slow calming breathing while counting to 10, 100 or more!!!  
Think of something funny  
Do something energetic – go for a run, kick a ball  
Do a stomping angry dance  
Punch a pillow or angry cushion  
Shout “I FEEL ANGRY”  
Take time out

Blow up a balloon and then release it – catch it before it hits the floor

Carry a little picture of a super cute animal, a sports star you admire or your pet in your pocket – look at it whenever you feel cross!

**If you have any further questions’ please feel free to contact Ms Peacock Pastoral Leader via the main office**