

Anger

A Children **ACT** out their feelings. Help your children discover appropriate ways to show you their feelings. Accept their feelings and help children to accept their own feelings

N Anger is a **NORMAL** human feeling. It can have many cause such as:
Frustration
Being make fun of
Needing attention
Being hungry, tired, sick, thirsty or hot
Feeling helpness
Having to wait
Having difficulty making people understand you being punished

G **GOOD** listening can help children calm down. Watch your own actions and words. Model the behavior you wish your children to have "Actions speak louder than words"

E **EVENTUALLY** children will be able to "use their words" and control their actions. This takes many years of practice and patience from adults.

R **RELEASE:** Anger needs a place to go. It has energy in both children and adults. Try the following ideas as a way to let go of angry feelings so no one get hurt.

FEELING ANGRY AS AN ADULT

- Count to 10 taking a deep breath after each number
- Blow into a paper bag and pop it
- Pound on a mattress
- Rip up junk mail
- Take a shower
- Walk away

CHILDREN FEELING ANGRY

- Throw pillows
- Go in the bathroom, close the door and yell
- Do an angry dance
- Color, paint or draw an angry picture
- Jump up and down
- Go to quiet place to calm down
- Tell an adult why you're mad

CHILDREN'S BOOKS:

- *The Grouchy Ladybug* by Eric Carle
- *Sometimes I Feel Like a Mouse* by Jeanne Modesitt
- *No David* by David Shannon
- *Tough Boris* by Mem Fox
- *My Many Colored Day's* by Dr.Seuss
- *D.W. Go to your Room* by Marc Brown

ADULT BOOKS:

- *Touchpoints* by T.B. Brazelton
- *When kids are Mad not Bad* by Paul Henry
- *How to Talk So Kids will Listen* by Faber and Mazlish
- *The Discipline Book* by DR. William Sears