

MY THOUGHTS, FEELINGS & BEHAVIOURS:



WHEN ANGER IS ABOUT

Lesson Objectives:

- To help children understand and better manage their anger.
- Children will learn that feeling angry is perfectly normal. Anger is not a bad or a wrong way to feel. What is important is how they behave when they feel angry.
- Children will consider what makes them angry and learn to recognise their own physical signs and triggers.
- Children will explore how it feels to be calm and learn strategies to help them better manage their emotions.

Key Messages:

Many children struggle to control their feelings or manage their behaviour - especially when they feel angry. Feeling angry is not a bad thing, but sometimes when someone feels angry they may behave in a manner that is unsafe for themselves or the people around them. This lesson focuses on very simple anger management techniques and helps children to recognise the signs that they are losing control.

We ask the children to think about what their anger may look like if they could see it. This is a useful anger management tool, for many children, visualising their anger outside of themselves can help them gain control over it. They can put their anger into perspective and be helped to diminish the problem. We can also use this method to stop children with anger issues feeling that they themselves are 'bad children' (and thus feeding back into a cycle of negative behaviours) and instead help them identify means of dealing with their anger.

Closing:

We all feel angry sometimes, and it is OK to feel this way, but it is never OK to hurt others or yourself. There are other ways of dealing with things other than letting anger take control. Especially if we know how to spot the signs that we are becoming angry.

Key Messages continued...

We will practice simple breathing and visualisation techniques... and get the children to try them all out together and practice.

“focus on your breathing, breathe in and out slowly for a count of 10.

picture your anger in your head... how can you make it smaller or look silly....? for example if it was a gigantic tiger, perhaps its teeth could fall out... as they breathe ask them to imagine their anger shrinking... getting smaller and smaller...”



Useful Links:

- There are some fantastic books listed in our library about emotions and managing big feelings. Check them out here:

CARRYING ON THE CONVERSATION AT HOME:

Ask your child if they drew their anger at school. What did it look like.... ask them to draw it again.

Talk about what they drew and why. Perhaps you could tell them what your anger looks like too...? There is no better way of showing your interest than by getting your child to teach you what they learned.

How does it feel when they are angry...?

Can you think of a time or an incident at home when they were angry... ask them what happened. What caused them to feel angry? What could they have done differently?

If this is too difficult for your child - perhaps ask them to tell you about why Jay was so angry in the story at school.

Practice the breathing techniques... be daft and hop in the spot with them.

Remind your child that it is ok to feel angry... but it is important that we practice ways of dealing with big feelings safely.

