

# MY THOUGHTS, FEELINGS & BEHAVIOURS: WHEN ANGER IS ABOUT 2



## 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 we behave when we are feeling angry.
- Children will consider when they feel angry and learn to recognise their own physical signs and triggers.
- Children will learn strategies to help them better manage their emotions. Programme.

## 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 unsafe behaviours) and instead help them identify means of dealing with their anger.

We will also get children to fill in their own anger thermometer. When we are angry there are often little signs that we are starting to struggle with our feelings - we don't just suddenly explode.

## 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 rather than letting anger take control. Especially if we know how to spot the early signs that we are becoming angry and can change our behaviour before we behave unsafely.

### Key Messages continued:

Working backwards we get children to think about - 'when anger is about where on your body do you feel it? How does it affect your body? What are the first signs....?' For example, they might clench their fists, or grind their teeth... other early signs might be huffing or pursing your lips...

We will also practice with the children some very basic CBT (Cognitive Behaviour Therapy) techniques.

#### Stop - Think /Feel - Do.

*We can avoid repeating unsafe behaviours if we can learn to recognise our negative thoughts and feelings that lead us to behaving badly. Once we recognise a negative thought we can see it for what it is and do something else instead.*



### Useful Links:

- If your child particularly struggles with their anger or big feelings... check out some of the recommended books in our resource library

## 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 angry is about...? Where do they feel it?

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? Give examples of how you felt angry too - by showing this is something we all struggle with can really help.

Help your child recognise the early signs that they might display when they are getting angry.

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