# ANGER MANAGEMENT FOR KIDS





### THIS PLANNER BELOGNS TO



"Do not let your anger lead to hatred, as you will hurt yourself more than you would the other."



Anger is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong.

Anger can be a good thing. It can give you a way to express negative feelings, for example, or motivate you to find solutions to problems.



But excessive anger can cause problems. Increased blood pressure and other physical changes associated with anger make it difficult to think straight and harm your physical and mental health.

### what does anger feel like?

a churning feeling in your stomach

tense muscles

legs go weak

sweating, especially your palms

you have an urge to go to the toilet

an increased and rapid heartbeat

tightness in your chest

you feel hot

a pounding need

## Anger MANAGEMENT

So, how do we go about lengthening our anger fuses? Well, there are three stages in total, the first starting even before the fuse is lit.

Don't strike the match

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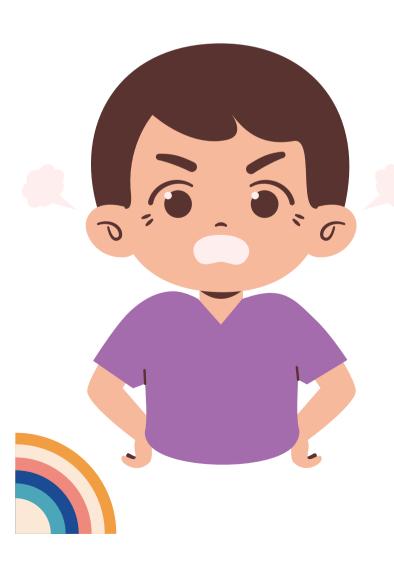


This stage involves us recognizing our 'triggers' and doing our best to avoid them if possible. Anger triggers tend to be events or experiences that we perceive as being threats to ourselves or our property (being pushed or bumped on public transport), our self-image or esteem (being called a) liar) or getting our needs met (people not listening). If we are aware of the types of things that 'strike our match'. we can do our best to avoid them and reduce the chance of an explosion.

## Anger MANAGEMENT

### Lengthening our fuse

It is not always possible to completely avoid our anger triggers. Sometimes, our match will be struck. It is at these times when we need to use alternative ways to react to our trigger. This involves looking at what we are thinking about the trigger, allowing us to lengthen our fuse and give us more time to react.



For example, if someone steps on your foot on a bus and you think they did that on purpose, they want to pick a fight! The resultant feeling may well be anger. However if in the same situation, you think they must have lost their balance, someone may have bumped into them' the resultant feeling may not be anger, but sympathy or simply indifference. If we can spend time questioning our perception of our trigger, we give ourselves more time to pick an appropriate and helpful response.

### Anger MANAGEMENT

### Dampening our fuse

This involves employing strategies to reduce our levels of physical arousal when our matches are struck. These may include walking away from the incident, taking deep breathes, clenching and relaxing muscles, anything that can slow our heart rate and induce a physical sense of calm.

These simple techniques can be an effective path to feeling more in control of our anger. The more we practice, the more in control we are likely to feel.





# 10 Anger CONTROL TIPS

### Think before you speak

In the heat of the moment, it's easy to say something you'll later regret. Take a few moments to collect your thoughts before saying anything. Also allow others involved in the situation to do the same.

### Once you're calm, express your concerns

As soon as you're thinking clearly, express your frustration in an assertive but nonconfrontational way. State your concerns and needs clearly and directly, without hurting others or trying to control them.

### Get some exercise

Physical activity can help reduce stress that can cause you to become angry. If you feel your anger escalating, go for a brisk walk or run. Or spend some time doing other enjoyable physical activities.

### Take a timeout

Timeouts aren't just for kids. Give yourself short breaks during times, of the day that tend to be stressful. A few moments of quiet time might help you feel better prepared to handle what's ahead without getting irritated or angry.



# 10 Anger CONTROL TIPS

### Identify possible solutions

Instead of focusing on what made you mad, work on resolving the issue at hand. Does your child's messy room make you upset? Close the door. Is your partner late for dinner every night? Schedule meals later in the evening. Or agree to eat on your own a few times a week. Also, understand that some things are simply out of your control Try to be realistic about what you can and cannot change. Remind yourself that anger won't fix anything and might only make it worse.

### Stick with I statements

Criticizing or placing blame might only increase tension. Instead, use statements to describe the problem. Be respectful and specific. For example, say, "I'm upset that you left the table without offering to help with the dishes" instead of "You never do any housework"

### Know when to seek help

Learning to control anger can be a challenge at times. Seek help for anger issues if your anger seems out of (control, causes you to do things you regret or hurts those around you.





### Don't hold a grudge

Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. Forgiving someone who angered you might help you both learn from the situation and strengthen your relationship.

### Use humor to release tension

Lightening up can help diffuse tension. Use humor to help you face what's making you angry and, possibly, any unrealistic expectations you have for how things should go. Avoid sarcasm, though - it can hurt feelings and make things worse.

### Practice relaxation skills

When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as "Take it easy." You might also listen to music, write in a journal or do a few yoga poses - whatever it takes to encourage relaxation.



# What light MY FUSE



How do I react when I am angry



The Match What lights my anger



The fuse What are the physical changes



The water bucket Things I can do to help cool off



# The Anger cycle

Triggering
Behavioural Response
In response to your negative
automatic thoughts,
emotions and physical
symptoms, an angry reaction
can result in shouting
arguing, criticising verbally
and physically attacking
another person and

Negative Thoughts
Negative automatic
thoughts usually link the
trigger to the reaction
Examples include that
idiot pushed in, hate my
job, how dare they talk to
me that way, they are
treating me like I am
stupid

Emotional Response
A negative emotional
reaction follows
negative automatic
thoughts Examples
include frustration,
anger and rage

throwing
Event A triggering event
can be anything that
results in negative
thoughts and emotional
reactions Eg getting stuck
in traffic, being criticised
or contradicted, being
made to wait or something
not working property

Physical Symptoms
Your body reacts to your
emotions, usually outside
of your awareness
Examples Include shaking
tensing heavy breathing
clenched fists, Flashing
racing heart, seeing red

# The Anger THERMOMETER

The anger thermometer is a technique that will help your clients learn about their anger symptoms and warning signs, and how these change as anger escalates Before your count can learn to use anger management skills, they first need to recognize their anger warning signs as they occur.

The Anger Thermometer is a 20-point scale where a "20" represents a person's mamo anger, and a "" represents no anger at all Symptoms of anger-such as balled-up fists, argumentativeness, or frustration-are recorded on the anger thermometer at the point where they begin. Ask your client to be descriptive by listing specific symptoms and triggers along the thermometer

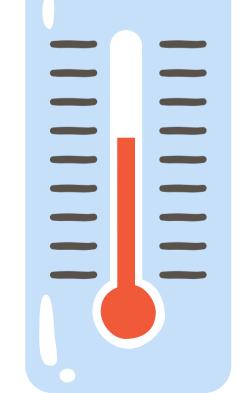
Enraged Explosive Furious

Angry Hot Mad

Frustrated irritated
Stressed Out

Annoyed Disappointed Upset

> Calm Peaceful Relaxed





# The Anger warning signs

Sometimes anger can affect what you say or do before you even recognize how you're feeling You may become so used to the feeling of anger that you don't notice it, sort of like how you can hear the sound of an air condition, or the humming of a refrigerator, but block it from your mind Even if you aren't aware of your anger, it influences how you behave. The first step to maraging anger is learning to recognize your personal warning signs that will tip you off about how you're feeling How do you react when you feel angry? Some of these warning signs might start when you are only a little imitated, and others might start when you are very angry. Circle the warning signs that apply to you

Mind goes blank	ody or hands shake	Heavy or fast breathing
Punch walls	Insult the other person	Scream, raise voice, or yell
Pace around the room	Start sweating	Become argumentative
Stare at the other person ag	gressively Feel h	Clench fists
60 quiet and "shut do	Face turns re	Throw things
Feel sick to the st	tomach	Scowl or make an angry fac
	Crying	
Can't st	top thinking about the probl	Headaches



### Be Aware of Triggers

Anger triggers are the things that set you off. Knowing your triggers, and being cautious around them, will reduce the kinhood of your anger getting out of control

### How to use triggers to your advantage

- Create a list of your triggers and review them daily. Reviewing your triggers will keep them fresh in your mind, increasing the likelihood you notice them before they become a problem.
- Oftentimes, the best way to deal with a trigger is to avoid it. This might mean making changes to your lifestyle, relationships, or daily routine
- Because it isn't always possible to avoid triggers, have a plan when you must face them. For example, avoid touchy conversations when you are tired, hungry, or upset

### Practice Deep Breathing

Deep breathing is a simple technique that's excellent for managing emotions. Not only is deep breathing effective, it's also discreet and easy to use at any time or place

### How to use triggers to your advantage

St comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow Time the inhalation (as), pause(s), and exhalation (6)

Practice for 3 to 5 minutes







as Hold





### Keep an Anger Log

Following an episode of anger, take a few moments to record your experience. This practice will help you identify patterns, warning signs, and triggers, while also helping you organize thoughts and work through problems

### How to use triggers to your advantage

- What was happening before the anger episode? Describe how you were feeling, and what was on your mind Were you hungry, tired, or stressed?
- Describe the facts of what happened What events triggered your anger? How did you react, and did your reaction change as the event continued to unfold?
- What were your thoughts and feelings during the anger episode? Looking back, do you see anything differently than when you were in the heat of the moment?

#### **Use Diversions**

The goal of diversions is to buy yourself time if you can distract yourself for just 30 minutes, you'll have a better chance of dealing with your anger in a healthy way. Remember, you can always return to the source of your anger later-you're just setting the problem aside for

### How to use triggers to your advantage

read a book

play an Instrument go hiking in nature play a sport go for a run do yard work draw or paint do a craft write or bicycle ride Journal play with a pet

practice a hobby go for a

rearrange a room

go for a walk watch a movie play a game listen to music clean or organize cook or bake take a long bath go swimming

call a friend take photographs lift weights





#### Take a Time-out

Time-outs are a powerful tool for relationships where anger-fueled disagreements are causing problems When someone calls a time-out, both individuals agree to walk away from the problem, and return once you have both had an opportunity to cool down

### How to use time-outs effectively

- With your partner, plan exactly how time-outs will work Everyone should understand the rationale behind time-outs lan opportunity to cool down-not to avoid a problem)
- What will you both do during time-outs? Plan activities that are in different rooms or different places. The list of diversions from above is a good place to begin
- Plan to return to the problem in 30 minutes to an hour important problems shouldn't be ignored forever, but nothing good will come from an explosive argument

### Know Your Warning Signs

Anger warning signs are the clues your body gives you that your anger is starting to grow When you learn to spot your warning signs, you can begin to address your anger while it's still weak

sweating can't get past clenched fists

problem raised voice headaches becoming using verbal insults

feel hot /turn red aggressive body Language feel sick to stomach

argumentative pacing go quiet/shut down

### When i am angry



1. I KEEP MY HANDS TO MYSELF.



2. I WALK AWAY FROM WHAT'S MAKING ME ANGRY.



3. I COUNT TO TEN.



4. I REFLECT ON WHY I'M ANGRY.



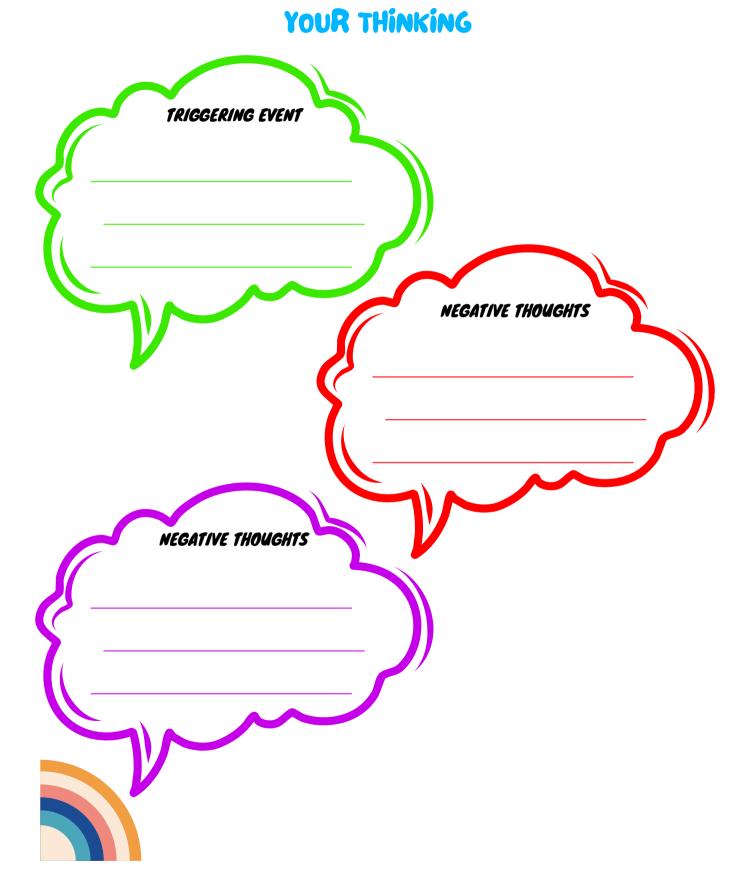
5. I THINK ABOUT HOW I CAN SOLVE THE PROBLEM.



6. I ASK FOR HELP IF I NEED IT.









#### TO UNDERSTAND YOUR ANGER

### To become an emotionally intelligent person, these are things you need to think about

1. What is causing my anger?
2. What is the best outcome for my situation?
3. How do my emotions affect the people I care about?



Day:	Date:
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Situation	Anger level	Response /Technique used	Anger level



Thoughts about me	Thoughts about the world
Thoughts about others	Thoughts about my future
Thoughts about others	Thoughts about my future
Thoughts about others	Thoughts about my future
Thoughts about others	Thoughts about my future
Thoughts about others	Thoughts about my future
Thoughts about others	Thoughts about my future
Thoughts about others	Thoughts about my future



### FOR ME

Thoughts about me	Thoughts about the world



What made you feel angry?	
What thoughts went through your head?	
How did you respond?	
What can you do differently next time if this situation happens again?	



#### Which of the following makes you feel angry?

Someone says you did something wrong. Someone belittles you You want something you cannot have. Someone shouts at you. You are told you can't do something right. Someone doesn't agree with you. You are unable to finish your task. You are feeling left out. There's too many people. There's too much noise. Someone is disturbing you. There's too much homework. There's too much housework. Someone criticizes you. Someone hurts you.

Someone threatens you.

# "Anger makes you smaller, while forgiveness forces you to grow beyond what you were."





