

ANGER MANAGEMENT INFORMATION

Everyone gets angry; anger is a normal reaction. Children need to understand that everyone feels angry and can become angry. They also need to know that they own their feelings and need to be responsible for them. The overall goal is to control the anger and not let the anger control the individual. Many children will require help and support to deal and respond to anger in a productive manner. The ability to express anger appropriately is a healthy emotion.

Some examples of anger used in a positive way include:

- athletes that use the energy from anger to help them to win a game;
- as a motivator for a change or an equity that is needed;
- to help right a wrong;
- to motivate and instill a change for the better

It is okay to be angry, but it is not okay to be mean. Anger can become negative when children deny it, hold it in, or lash out and express it inappropriately. *Anger can become negative when a child doesn't feel heard.*

It is not real to believe that anger will take care of itself, it often does not. Children will benefit from having a good role model and support to help with self regulation and emotional control skills. When a child is angry, their thoughts, moods and behaviors will often become negative. Children need to be able to talk through anger and they need help to understand when their anger is helping them or hurting them. **For a child to develop strategies to cope with anger, they first need to admit there is a problem and to take responsibility and not blame. (Blaming others only keeps everyone upset.) Having these students keep a gratitude journal helps with positive thinking.**

Children need guidance to understand the roots of their anger, how to relax, strategies that will calm them down and strategies to help them solve problems appropriately. Children will benefit from understanding what their key skills are, what goes well for them and what does not go so well. They need guidance to change the behaviors that do not go so well for them. An understanding of the most common key triggers are essential to supporting change toward effective anger management.

Some of the most powerful learning stems from making mistakes. This is certainly true with managing anger. Reflecting on previous episodes that did not go so well, help foster growth and can lead to better decisions in the future. Especially true, when regrets or remorse are involved. As children learn to manage anger, they will enjoy better relationships and gain respect from others.

Tips for managing anger: *imagining, time outs, humor, problem solve, let it go, focus your attention elsewhere, put yourself in the shoes of another, exercise, use calming/relaxing strategies, recognize patience is important, ask for help.*

Tips for preventing anger: *Developing empathy, listen to hear, question, use time to reflect and think, think and understand points of view, know your triggers and your calming strategies, learn to negotiate.*

Anger journals are extremely helpful to maintain. The anger journals provide not only the triggers but an opportunity to reflect and determine what calming strategies work best. Over time, one should see a reduction in the anger episodes and an increase in productive anger management skills.

****Don't be or show anger when you're helping a child with anger. (The child then becomes hurt and angered.) Self-esteem and good anger management are linked, hence, help a child with anger management issues to develop their self esteem.***