

Anger Management

All About Anger for Kids

Learning to manage anger is an important life skill that needs to be taught to and practiced by all students. Discussing and modeling appropriate ways you as parents handle anger is a great way to help kids manage their own anger. There are many ways you can practice managing anger with your child including:

- Take a break (moving away from what makes you angry)
- Do a physical activity (shoot hoops, do jumping jacks, run)
- Take deep breaths
- Count to 10
- Squish Play-Doh
- Color you feelings
- Write your feelings in a journal entry, story or poem
- Read a quiet book
- Positive self talk " I can control my anger...."

