

TIPS TO HELP YOUR CHILD

MANAGE ANGER



**TEACH YOUR CHILD ABOUT FEELINGS SO
THEY CAN EASILY IDENTIFY THEIR EMOTIONS**

**REDIRECT YOUR CHILD'S BEHAVIOR BY
OFFERING A SAFE ALTERNATIVE**

**REMEMBER TO STAY CALM AND BE MINDFUL
OF HOW YOU REACT**

**PRAISE APPROPRIATE BEHAVIOR AFTER
THEY CALM DOWN**

**CHANGE THEIR ENVIRONMENT OR PLACE
THEM IN A QUIET TIME-OUT.**

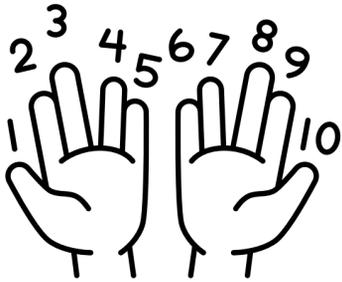
When I am Angry, I Can...



keep my hands to myself



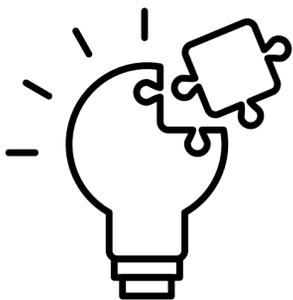
walk away from what's
making me angry



count to ten



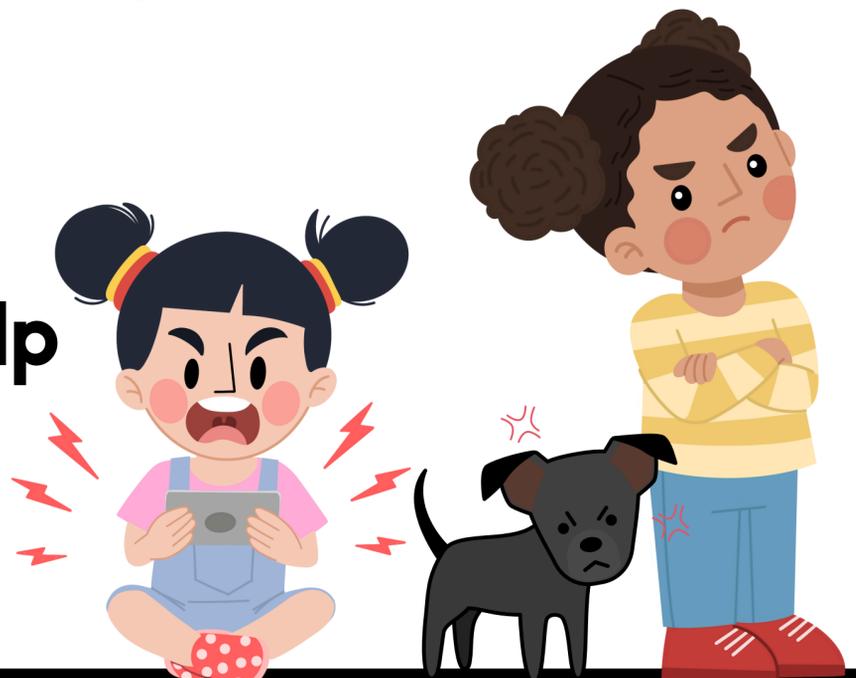
reflect on why I am angry



think of a way to solve the
problem



ask for help



Common Physical Symptoms of **ANGER**

Increased heart
rate / tight chest

muscle tension /
aches and pains

shaking

sweating

tingling feeling
in your body

