

Anger Management: Teaching your child about anger

Anger is a basic emotion and it is normal to feel angry sometimes. How we choose to express, control, and deal with anger is important in teaching children about anger. We often feel angry, just like children, when we have a problem, we don't get what we want, or things seem unfair.

Anger is a strong feeling which when it gets out of control might turn into aggression, where we might do things we shouldn't, e.g., screaming, hitting, etc.

Anger in our bodies might feel tight. Our breathing and our heart might move fast.

What can you teach your child to do when they feel angry? We can **calm** our body by...

- 1) Taking 3 deep breaths
- 2) Counting slowly to five
- 3) Telling ourselves to "calm down"
- 4) Slowing down, stopping, and thinking
- 5) Asking a grown up for help



Yoga with Kids** **Snake Breath:**

Sit quietly on a rug/blanket/pillow. Have your child sit up tall and close their eyes. Tell them they are coiled resting snakes. They look around calmly, and when they move, they are slow and smooth. Take a deep breath in, filling up your whole body. Pause, and breathe out slowly and smoothly, making a hissing sound for as long as you can." Repeat for three to five rounds until you become calmer each time.

Tree pose:

Stand tall with your feet together like a mountain. Bring your palms to your chest, tuck one foot inside the opposite leg, standing tall on the other foot. Now, stretch your arms out high like branches. Bring your hands together above your head.

Remember: Your child will often imitate what you do...they want to be just like you! Practicing healthy ways to manage your anger will help to teach your child positive coping skills.



What can you do when you're feeling angry?

Calm Down Strategies

Breathing: Slow deep breaths in through the nose, inhaling calm air; exhale stress and tension

Muscle Relaxation: Tighten then relax muscles in your body, starting with your forehead, all the way down to your toes

Take a Walk: Go for a walk outside or pick a different room to walk around each day. Switch it up and have them change their pace/technique (e.g. giant steps, baby steps, tip-toes, knees together)

Wiggle Time: Have your child wiggle their head for 15 seconds, then shoulders, then arms, then legs, then feet. Finally they wiggle their whole body.

Mindfulness: Find different foods around the house (e.g. mints, candy, raisins, marshmallows). Have your child try one at a time. First ask them what it looks, feels, and smells like, taking time to process each one. Then have them put one of the ingredients in their mouth. Here's the catch...tell them not to chew or eat it just yet! Have them roll the food around in their mouth and ask them again what the food feels and tastes like. Then try another one!

Craft: De-Stress Dough

Materials: Hair conditioner, cornstarch, & food coloring (optional)

How to: put equal parts hair conditioner (any kind) and cornstarch in a bowl and mix. Add more cornstarch and mix with your hands until a dough like texture forms. Add food coloring to create different color dough. Squish to de-stress!

