Lesson 17: Managing Anger

What Is My Child Learning?
Your child is learning how to calm down when he or she feels angry. Your child is also learning that everybody feels angry sometimes but doing hurtful things when angry is not okay.

Why Is This Important?
Identifying feelings is an important part of managing emotions. Children who often behave aggressively tend to have more difficulty identifying their feelings. Relaxation can slow the heart rate and help children stay in control of their feelings. Knowing how to calm down helps children learn at school and at home.

This lesson is especially helpful now, when children and adults are experiencing high levels of stress. Practicing relaxing can help create a healthy response to anger and other tense feelings when needed.

Vocabulary
Practice these words with your child before or during the lesson:

- Angry: mad or upset
- Tense: tight and stiff, uncomfortable
- Relaxed: calm and comfortable

After the Lesson
- Practice what reactions are okay and not okay using your child’s stuffed animal friends or favorite story characters and a few scenarios. Here are some examples:
  - Bunny was bumped. She pushed the person who did it. Okay or not okay?
  - Someone took the toy Teddy was playing with. He was angry, but he calmed down and asked for it back. Okay or not okay?
  - Turtle was interrupted by his sister when he was trying to tell his mom a story. He was angry, so he took a belly breath and waited until she was done. Then he asked her with a strong respectful voice to please stop interrupting. Okay or not okay?
  - Two friends wouldn’t share food with Teddy Bear. He was angry and called them mean names. Okay or not okay?
- Work with your child to complete the lesson Home Link.
**Daily Practice**

Try doing these activities with your child to help reinforce what they’ve learned:

- Model using the Calming-Down Steps when you’re feeling angry, and make sure to explain how you feel and what you did instead of doing hurtful or destructive things. The Calming-Down Steps are: Put your hands on your tummy and say “Stop.” Name your feeling. Take belly breaths.

- Remind your child it’s natural to feel angry but doing hurtful things when you’re mad is not okay. Have your child think back to something they did to calm down when they were feeling angry.

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