

# Lesson 16: Managing Anger

## What Is My Child Learning?

Your child is learning that feeling angry is natural but that hurtful, mean behaviors are not okay. Your child is also learning that their body lets them know when they're angry and that learning to relax helps calm them down.

## Why Is This Important?

This is important because children who behave aggressively more often than their peers tend to have more difficulty identifying their own feelings. Relaxation and belly breathing can slow the heart rate and help your child stay in control of their feelings.

When your child feels a lack of control in their daily life, feelings of anger may occur. Giving your child opportunities to practice these coping skills will enable them to better manage their emotions at home.

## Vocabulary

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

- Tense: not relaxed, hard and tight
- Relaxed: calm and free from fear or worry

## After the Lesson

Have your child draw a picture of themselves using a pencil. Suggest that they include an angry-looking face. Ask them to pick an "anger" color and color the parts of the body where they usually feel anger.

## Daily Practice

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

- Listen to "[The Anger Song](#)."
- Play the [Move or Wait Brain Builder](#) at home.

## Create a Second Step Account

1. Go to [www.secondstep.org](http://www.secondstep.org)
2. Under New Users, click "Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSPK FAMI LY70

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