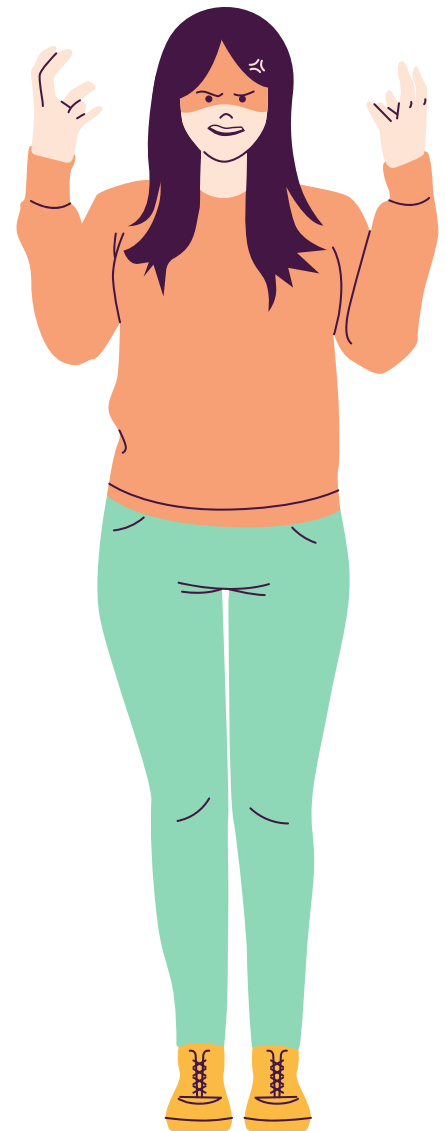


# Helpful Anger Management Techniques for children

**Ways to help children deal with angry feelings**



# 1.

## Identify the triggers

Often times there are always some trigger which can upset and anger a child. Some triggers may include excessive tiredness or when completing a task.

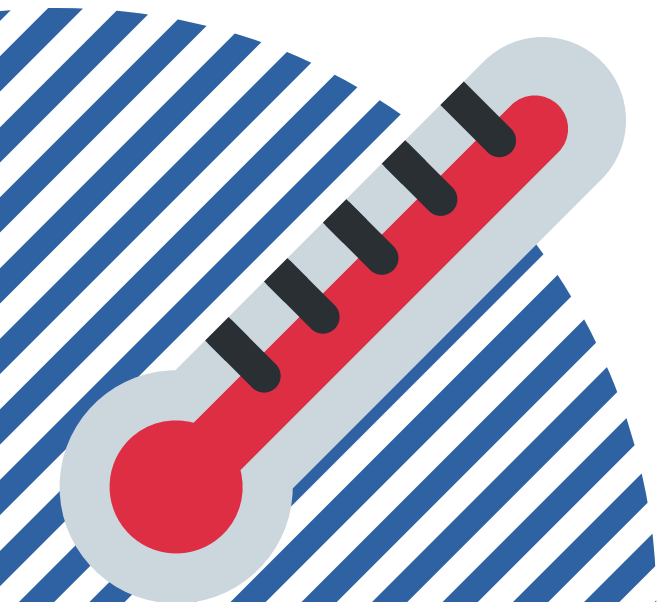
By identifying these triggers children can become more aware of what makes them angry and understand their feelings more.



# 2.

## Create an Angry Thermometer

At a time when your child is not feeling upset or angry, talk about what happens in their body at each number on the thermometer. Using the thermometer helps kids learn to recognize anger when it's happening. Eventually, they can make the connection that when their anger temperature starts to rise, taking a break can help them cool it down



# 3.

## Creating a calm down plan

Start to teach children a plan for when they become angry. Rather than throw objects, they could go to a separate room. You could also create a calm down kit that includes calming activities such as colouring.





# **Anger Awareness week 1st-7th December**

**Have a look at the National anger  
awareness website:**



**[https://www.angermanage.co.uk/natio  
nal-anger-awareness-week/](https://www.angermanage.co.uk/national-anger-awareness-week/)**

