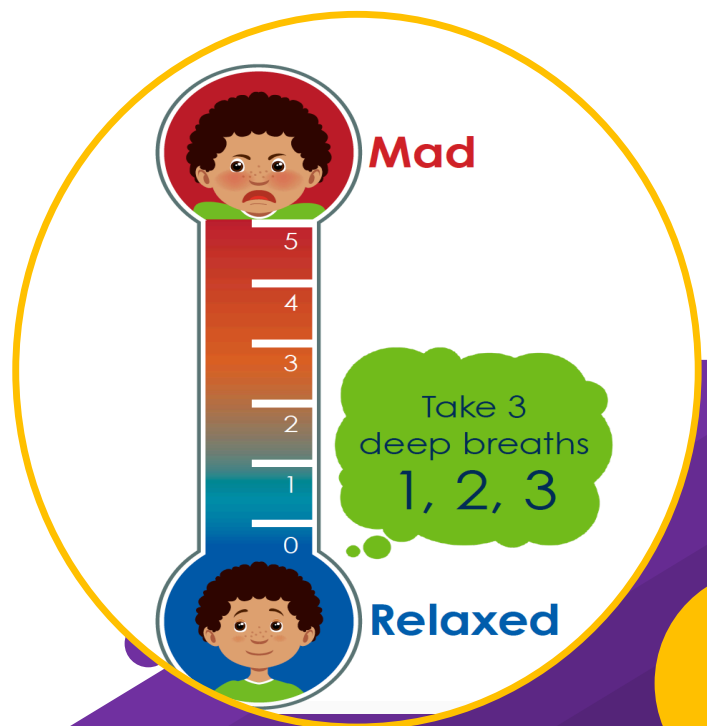


# Helping Children Deal with Anger

- ▶ Help children understand what it means to “calm down” by talking about what it looks and feel like to be calm compared to what it feels like to be tense or angry
- ▶ Teach children what they can do when they feel angry (such as deep breathing, reading a story, getting some water)
- ▶ Give children time to practice the strategies when they are feeling **calm** so that they are ready to use the strategies when they feel angry (check out the resources section for visuals and activity ideas!)
- ▶ Support children in the moment by acknowledging and validating their feelings, prompting them to use calm down strategies, and giving lots of praise when they use those strategies.
- ▶ Social stories can be a great tool for helping children talk about anger and how it makes them feel as well as practicing calm down strategies.
- ▶ You can support families by sending home information about why learning to calm down and express anger is an important skill for young children, along with visuals for the techniques you use at school to help children calm down (see Resources below).

## UW TCM Project Pyramid Model Newsletter

An important skill that we can teach children is how to express anger appropriately and safely. We can help children understand what it means to feel angry, recognize it in themselves and others, and what to do when they are feeling that way. Explicitly teaching children strategies for calming down and expressing their anger can be key in supporting young children’s positive behavior and social-emotional development. We want children to understand that it is OK to have all kinds of emotions, and give them ways to express them in a healthy way.



Content adapted from Pyramid Model Module 2 Training Materials.

See <http://csefel.vanderbilt.edu> & <https://challengingbehavior.cbcs.usf.edu>

Relaxation Thermometer picture above from NCPMI:

<https://challengingbehavior.cbcs.usf.edu/docs/Relaxation-Thermometer.pdf>

# Put it into action!

Use the checklist\* below to identify practices in your classroom that your team is already using and those that you want to work on in the coming year. Make a plan for when and how you will incorporate these practices and identify the materials or support you will need. Check out the bottom of this page for links to some great resources!

\*Checklist items adapted from the [NCPMI Pyramid Practices Checklist](#)

Teach children strategies for calming down using visuals	Practices I want to work on this year...	Materials and support I need to implement these practices:
Label your own emotions and model ways to express emotions appropriately	(1)	(1)
Use social stories and planned activities to help children recognize anger and emotions in themselves and others	(2)	(2)
Provide positive reinforcement and encouragement when children use appropriate strategies for expressing anger and calming down	(3)	(3)
Send information home to families to help with their child's learning, such as visuals for the techniques you use at school to help children calm down.		

## Resources:

- Social stories: [Tucker the Turtle](#) (also in [Spanish](#)) and [Dragon Brain](#)
- Visual for helping children go from “tense” to “calm”: [The Relaxation Thermometer](#) (also in [Spanish](#))
- Posters and visual cues with reminders for how to use calm down strategies in the moment:  
[Tucker Technique](#) (also in [Spanish](#)) [Breathing Techniques](#) (also in [Spanish](#)) [Emotion Regulation choices](#)
- Resources for families:  
[Backpack Connection on Anger](#) (also in [Spanish](#)) [Activity Ideas for Families](#)



