

# Helping Children Express Anger

ACT AGAINST VIOLENCE TRAINING PROGRAM

<http://www.ActAgainstViolence.org>

ANGER MANAGEMENT- HANDOUT 4

**There are many ways to help children learn how to express angry feelings. Use the activities below to do at home with young children whenever possible but not in the middle of a conflict.**

- Play with your children about different feelings like **angry, mad, happy, sad, frustrated, surprised**. Ask them to show the different feelings in their faces and tell you what kind of situations and people make them feel that way.
- Help your children learn to recognize in their bodies when they are angry. Ask them: **Does your voice get loud or soft? Does your body go faster or slower? Does your face look happy or sad? Do you feel stiff like a stick or limp like a rag doll? Do you breathe faster or slower? Do you feel hot or cold? Do your hands feel dry or sweaty?**

Tell them that that there reactions are how you also know when you are angry.

- Help your child think about what makes him or her angry. Tell your child what makes you angry. Ask your child what he or she thinks makes all children angry.



- Help your child find other ways to express his or her anger instead of aggression.
- Tell them to use words to express their feelings like "I'm really mad at you!"
- Ask them to draw a picture of their mad feelings and talk about that with them.
- Create a fictitious situation to role-play his or her feelings using a doll or stuffed animal, for instance. Talk to the child about the situation and help him or her find a positive solution for the conflict.
- Help your children understand that it is okay to be angry but never okay to hurt others!

**REMEMBER TO RECOGNIZE AND PRAISE YOUR CHILD FOR ANY PROGRESS IN LEARNING HOW TO EXPRESS ANGRY FEELINGS APPROPRIATELY.**

*For more about ACT, visit [www.ActAgainstViolence.org](http://www.ActAgainstViolence.org)*

