



FISHBOURNE CHURCH OF ENGLAND PRIMARY SCHOOL



Only one you



SEND Newsletter

Focus: Anger Management



What is anger management?

It's normal for children and young people to find it difficult to manage angry feelings sometimes. This is because the part of our brain that helps us to manage our emotions is not fully developed until our mid-20s. Teenagers also go through lots of hormone changes during puberty, which can make emotions feel more intense. Lots of children and young people will act in these ways sometimes. But anger can start to become a problem if it: makes them feel overwhelmed, unhappy or bad about themselves, affects their relationships, gets expressed through physical aggression towards other people, gets expressed through harmful behaviour towards themselves, including self-harm. It can also be a way of communicating that something in their life isn't quite right.

Videos explaining self-regulation for kids:

<https://www.youtube.com/watch?v=lxxpDF45TPA> or https://www.youtube.com/watch?v=AQIQCOY_Im0

Things to look out for:

When anger is feeling harder to manage, a child or young person may be: Outwardly aggressive: shouting/ lashing out; inwardly: being hard on themselves; passive aggressive: ignoring people or being sarcastic. This happens frequently over a sustained period of time.

Things you can do to support your child:

- In the moment: Stay calm, separate their feelings from their behaviour, give them some space to calm down and check in afterwards.
- Create opportunities for them to talk
- If they do not want to talk, try other ways of communicating
- Help them identify their triggers
- Support them to find strategies that work for them
- Create a plan of action together
- Keep holding the boundaries
- Model the behaviour you want to see
- Reassure them and don't lose hope

Useful resource ideas:

When I'm angry, I can... It's okay to be angry.

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Emotions

Match the activities to the emotions.

Activity
Being given a present.



Listening to your favourite song.



Forgetting your PE kit.



Falling over in the playground.



Emotion

Anxious



Upset



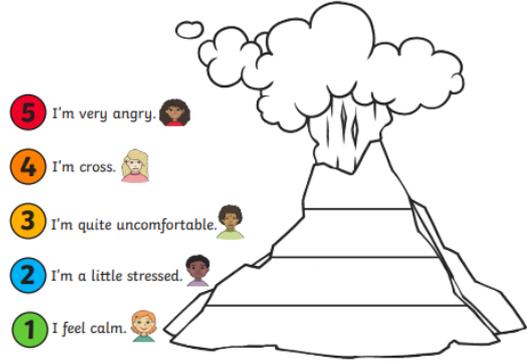
Excited



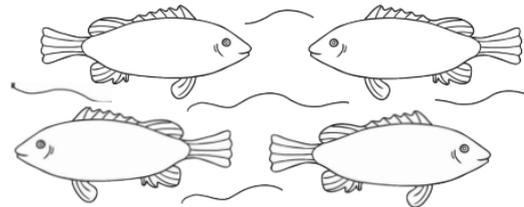
Happy



My Feelings Volcano



How can I stay calm?



Think about how each stage might ...

Look   Feel  Sound 

What Makes You Go Bang?

When we get angry, our behaviour can be described as 'going bang'. This is when we react so differently to normal that we end up causing a scene that can be harmful to us and those around us. Most people get angry at times but the level of anger is different depending on the situation.

Some people react strongly when something is unfair, out of their control or wrong and they can't fix it. Understanding what makes you react angrily is the key to help you calm your anger and stop 'the bang'.

So, what are the things that make you want to go 'bang'?

I go bang when...
I get into trouble and it wasn't my fault.

I go bang when...

Support materials

- ◆ <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-with-anger-issues/>
- ◆ <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anger/>
- ◆ https://mindedforfamilies.org.uk/Content/common_problems_anger_and_aggression/#/id/5e2f48ea12321b4bca723e9e

Further support:

If your child continues to show signs of extreme anger and this results in distressed behaviours it is worth speaking to the school nursing team, a GP and also the child's school. Please ask Jo Angell, sendco@fishbourneprimary.co.uk for further information on this.