

AIM: HANDLING ANGER

OUR TARGET: We're trying to help ourselves and our kids to see what anger is and how to handle it. We all need to work together to control our anger so that it doesn't grow into angry actions (aggression) that can hurt others' feelings, or even hurt them physically.



TEAM UP! Try these simple ideas to help your child want to talk.

Just ASK your child: "Did anything make you angry today?" & "Did you see anyone else get angry today?" If they say no, that's great! But, it doesn't help get the conversation started. If they say no, you need to think of the last time YOU got angry and you have to be honest about it. Whether the talk is about your anger or their anger, ask:

- Why did you get mad?
- Did you hurt someone's feelings when you were mad?
- Do you think you handled it the right way?

TALKING TIPS to help you sit down and start the conversation...

FRUSTRATION is the feeling we get when we're not getting what we want. We can be:

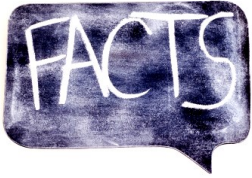
- frustrated physically
- frustrated by choices we have made
- frustrated by other people's actions
- frustrated by an injury
- frustrated by social injustices, like not being born rich or from a certain country.

Frustration is a main cause of anger a lot of times.

- **ANGER** can use your body, change the way you act, and affect your thoughts all at the same time. Anger is able to control you so you have to be strong enough not to let it take over.
- Some anger can be **GOOD**. It can help us stop someone from mistreating us. It can make us see bad choices we have made. It can even make us work harder if we are mad at ourselves for doing a poor job at something. Being **ASSERTIVE** to change things for the better can be a good outcome of anger.

AGGRESSION means acting out after anger has taken over and it is harmful to yourself and others. Aggression includes words such as insults and mean sarcasm that hurts people's feelings but it also can mean hurting someone physically.

Aggression is meant to harm others, and it is NEVER okay... at home or at school.



Getting angry and worked up often is connected to heart disease and high blood-pressure.

40% of youths have been in a fight this year...

...10% have been in 4 or more fights in the last year.

Violence causes over 20% of the deaths in America for people between the ages of 15-44.

Targeting More Meaningful Parental Involvement

Leaps Correlations:
When I Get Mad & When
Someone Else is Mad
For Beginners

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DECISION TIME: It's time for you and your kids to **CHOOSE** to: be in control of your anger. You need to be kind to others when you can tell that they are angry, also. It is easy to hurt others when we're angry, but it's hard to erase things that you've done out of anger if you lose control.



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GIVE IT A TRY! A chance to practice the target skills together at home:



MOVIE NIGHT at home



Grab some popcorn with your kids and pick out a children's movie that you have already seen before.

EVERY story will run into a conflict, or a point in the story when the main character runs into a difficult situation or relationship problem that they need to fix.

BEFORE you watch the movie, tell your kids to look out for ANGER, FRUSTRATION, & AGGRESSION.

MAKE UP A SIGNAL like clapping 2 times or quacking like a duck, and all of you do this whenever you see anger, frustration or aggression in the story. As the parent, be looking really hard to catch the first few and use the signal so that your kids catch on to what they are supposed to do too.

PAUSE the movie anytime you hear the signal. Take a couple of minutes to talk about:

- * Was that Anger, Frustration or Aggression?
- * Why did the person feel that way?
- * Did they react to their anger, frustration, or aggression in the right way?
- * Can you remember ever feeling that way?

Taking the time to look for moments of anger will make you all more aware of what it looks like, how it feels, and how to be good to others even if you feel angry. Noticing anger in movies will also help you and your kids talk about how to be nice to others even if THEY are angry. You don't want to be rude to someone when they are angry or they will just get more mad and maybe even aggressive.

Stay On Target

Tips to help keep
your child's new
skills in action at
home and school.

- Pay attention to what games your kids are playing & shows they're watching. If they see violence and angry actions as fun (and something that you are not going to stop it) you're telling your kids that those things are okay.
- Limit the time your children spend seeing violence.
- Let your child know that it is NEVER cool or okay to be out-of-control and violent.