



TOWN LANE INFANT SCHOOL



Anger continued...

How to set up a safe space

A safe space is a place in your home where your child can go if they are feeling angry or overwhelmed. The safe space can also be used if your child feels that their anger is building. Explain to your child when to use this area.



Ideas of things to include in your safe space

Comfortable blankets, soft pillows, ear defenders/muffs, playdough, a squeeze ball, colouring book and pencils, Lego, items to count, fidget toys, pens and paper, a favourite teddy bear or story.

Afterwards

When your child is calm, they may be feeling a range of emotions including sad, guilty or scared and need reassurance. They may also feel extremely tired as their body returns to normal. It is helpful to talk about and reflect on the situation.



Reflecting

Discuss what happened and why? Can you identify what triggered the anger? How did their body feel at this time? Can they go to their safe space when they recognise these feelings? What calming strategies could help?

MATCHSTICK

My anger triggers are:



FUSE

When I am getting angry, I feel these changes:



WATER

When I am getting angry, I can calm down by:

