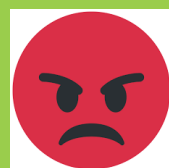




TOWN LANE INFANT SCHOOL



Anger



What is anger?

Anger is an intense feeling that we all feel at times. Anger can occur from situations such as unfairness, being blamed, being picked on, being disrespected or being told no. It can also stem from being tired, ill or hungry. Anger can be secondary to other emotions, such as lonely, sad, worried, anxious or scared.

What happens in our body?

When anger is triggered, we have an adrenaline response which can cause a range of physical feelings such as raised heart rate, feeling hot, tummy ache or headache. Our body also prepares to fight, freeze or run away. This can lead to children hurting themselves or others or damaging property.

At this stage of anger, children often cannot be reasoned with as their body is not ready to listen.



What can we do?

Create a safe space at home.
Make a basket of calming activities perhaps including a favourite book, colouring book, squeeze ball, lotion to rub into hands, a calming lavender spray, fidget toys etc.
Keep a calm voice.
Give a hug (if they want it).
Give them time to calm before talking.
Encourage counting, deep breaths or other breathing techniques.

Label the feeling

There are a range of words to describe different levels of anger, such as furious, mad, livid, annoyed and fuming. Describing or scaling the feeling can help a child to manage it more effectively.



What can we do?

Ask your child to name the feeling, what happened to make them feel that way and how could they help themselves to feel less angry? This has a better effect if done whilst the child is angry.