

Angry feelings



We all feel angry sometimes, often when there's a good reason. Uncontrolled anger can be harmful, but we can work together to manage your child's behaviour or anger.

Your child needs reassurance that anger is not a bad emotion, but what they choose to do with the anger is the problem if they choose to:

- ☹ Hit or physically hurt other people
- ☹ Shout at people
- ☹ Break things
- ☹ Lose control
- ☹ Wind people up

In order to help manage a child's anger we use a variety of strategies. Hopefully by working together and using the same strategies this will give continuity to help your child make the right choices.

The following information is to help change behaviours, known as Cognitive Behaviour Therapy (CBT).

1. We first need to find out triggers and then separate the thoughts, feelings and behaviours.
2. Then we need to find out what they were thinking and look at how this made them feel.
3. Finally we need to look at the consequences of their behaviour in order to build their self-esteem and feeling of self-worth.

Most recent developments in neuroscience has shown that the brain can be trained to change learnt behaviours. It takes a lot of patience and time but it can have a huge impact on the happiness of your child.



At Greenfield we have found that the following strategies work:

- Help your child name what they are feeling from an early age and let them know that whatever they are feeling is ok. You can teach them ways to manage it so that they won't hurt themselves or others.
- Help your child understand their triggers. They might be particularly sensitive to certain things more than others. Knowing our triggers puts us in charge of our emotions and provides greater understanding.
- Teach reflection so that they can decide on the person that they want to become.
- Use breathing to get back in control. Slower and deeper breathing floods the brain with oxygen which releases calming chemicals. This process reduces angry feelings and our intelligent thinking kicks back in.
- Try it and see. Give your child as many options as possible to see what works best for them. They then have their own anger tool kit for whenever it is needed.
- Count to 10, 100, 1000! This gives them the time for their angry feelings to ease. It also activates their smarter brain by having to focus on something else and distracts their dialogue from negative self-talk.
- Do exercise, go for a walk. This gives their brain the time to get things under control and get away from the situation that may have triggered the anger.
- Suggests that your child tells the person what they did to make them angry. If they are still angry when they do this, people will only hear their aggression and not the message behind it, which is most important.
- Let the angry energy out! Punch a pillow, try to rip a magazine, telephone directory, stomp around, anything that is safe and won't hurt them or others.
- Talk to people. This helps with reflection and seeing what worked and what didn't work this time so they are more prepared for what to do next time.
- Scream loudly. This turns emotional distress into a physical expression and moves the anger onwards.
- Give your child the freedom to cry. This releases stress which will make them feel drained and tired. Let them sleep if they can. Things nearly always feel better when they wake up.

- Help your child write things down. Expressing their anger at a person or a situation in words can help hugely. It is the process of getting the angry feelings out. They are allowed to think whatever they think; they are their thoughts and their feelings. That way they don't need to hurt others when they are angry, they don't always need to know what they felt puts us in charge of our emotions. (The Blink Book2 – Anger Andrea Chatten)

At Greenfield if your child's anger is affecting their social or emotional well-being our pastoral staff will work with them in a variety of ways. We will be happy to discuss your concerns over the phone or meet up with you at an agreed time.

