



Strategies for Managing Anger Outbursts

Talk to your child about Anger before an outburst occurs:

- Reassure them that it is ok to feel angry.
- Everyone feels angry sometimes.
- Talk to them about the signals the body gives us before we have an 'outburst' e.g. feels hot, heart beats faster, itchy palms, volcano in your tummy, explosions in your head, feel like crying.
- But you have to find ways so that anger doesn't explode and either hurt someone else, hurt yourself or hurt things e.g. breaking something in anger.

Strategies to help control anger

1. Tell yourself to **STOP** and **THINK**
2. Give yourself a choice, you could:
 - Go to a quiet place to calm down e.g. bedroom, pop up tent, den in the garden
 - Talk to yourself (self-talk), what will happen if I carry on... I'll be in trouble, upset my family, I'll miss out on what everyone else is doing, lose my privileges.
 - Think: 'It's ok to make mistakes', 'There isn't anything that can't be sorted', '
 - Run around the garden
 - Listen to music, earphones may help
 - Jump on the trampoline
 - Cuddle a favourite toy
3. When an outburst occurs, acknowledge their feelings: "I understand you are upset"
4. Remind them of the strategies they can use to help them to calm down.
5. Give them a choice to use a chosen strategy.
6. Don't get into an argument.
7. Don't shout back.
8. Ignore.
9. Distraction often works well with younger children.

