



What Is My Child Learning?

Your child is learning to manage strong feelings like anger by using the Ways to Calm Down.

Why Is It Important?

When strong feelings are under control, children are better able to think clearly and avoid hurting other people's bodies or feelings.

Ask your child: **Why is it important to calm down angry feelings?**

Read Together

Everyone gets angry sometimes, but hurting other people's feelings or bodies is not OK. Using the Ways to Calm Down can help you manage your anger so you don't do something hurtful. After you stop and name your feelings, try one or more of the following to help you calm down:

- Belly breathing
- Counting
- Using positive self-talk

Physical Signs of Anger

- Hot face
- Clenched fists
- Racing heart
- Headache
- Stomach ache
- Sweating
- Dizziness
- Shaking
- Tense shoulders

Practise Together: Anger Advice

1. Together, pretend you're advice columnists who help people learn to manage strong feelings.
2. Read the letter below from Angry Anna. She wants advice about how to manage her anger.
3. Write a letter back with advice about how to manage angry feelings.
4. First tell Anna how to identify her physical signs of anger. To help, think about the last time you felt really angry, then read the 'Physical Signs of Anger' list. What did you feel?
5. Next, tell Anna how to use the Calming-Down Steps to calm down her angry feelings. Use the back of this paper if you need more space.

Dear _____,

Help! When I get angry, it feels like my blood is boiling. Sometimes I want to scream or hurt someone. It's really hard to keep my cool. I feel like I'll blow my top! What can I do?

*Sincerely,
 Angry Anna*

Dear Angry Anna,

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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