

Teach These Children

Fivefold enrichment



Managing Anger

“Control your emotions, say how you feel”, is the mantra in my home. I never want my child to ignore or deny his feelings, but I do believe it’s important I teach him to be responsible for his emotions. What does it mean to responsibly manage our emotions and how do we teach this to our children? Let’s begin with the processing anger.

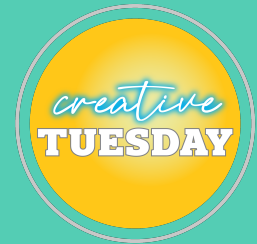
Activity

Healthy management of one’s emotions takes a great deal of effort. We cannot expect our children to just know how to control their feelings and it’s important that we don’t teach them to do that by ignoring how they feel. First, it’s important for children to develop their “go to” activities when they are angry or frustrated to the point that they know they don’t have the best control over themselves. These go to activities are most effective when they allow for self expression, an opportunity to decompress or an outlet to expend energy. How your child processes information will determine what activity is best for them. Some children can decompress with 7 minutes of their favorite music, others may need to run some laps and still others may need to sketch or draw. This is the reason why it’s important we expose children to all types of art and activities when they are young. The idea is for our children to develop self awareness. In other words, teach them to think about “what are the activities that can bring me from a 10 down to a 3”. But don’t stop there- be sure to circle back to discuss the underlying issue. The point of engaging in an activity is to give time for the body to calm and the mind to be able to process the feelings. At this point it becomes easier to say, “I was hurt” or “I felt embarrassed”. This is the good stuff- when your child can talk about the underlying feelings while controlling their emotions. This is powerful for self and in the real world!

TIPS

Planning for these moments meaning know what your child likes to do to blow off steam. If need be, start working with your child to identify these activities.

Child’s belief about self...



I am balanced

Family supports development of...

Toolset

Focus area:
Identifying creative interests as stress relievers.

GOAL

Commit to helping your child effectively process anger and articulate their emotions.

LEVEL

3