

Finding a good solution

To help your child think of ways to feel better when they are angry

You will need



Talk about a time when your child has felt angry. Help them think of lots of different things they could do to feel better.

listen to
calm music

count to ten

Let's talk...

Share times when you have felt angry and what you do to feel better. Do your solutions obey the golden rules?

The Golden Rules for a Good Solution!



It makes me feel better



It doesn't hurt me or anyone else

Understanding anger

To help your child express how they are feeling

You can display this barometer for your child so they can show how they are feeling and where they are on the scale.

Anger Barometer



Relax!

To help your child calm down when they are angry or anxious.

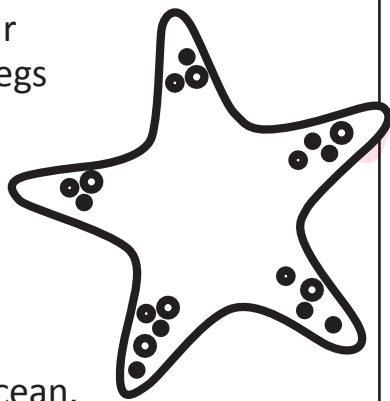
Try some of these relaxation activities with your child to help calm them down when they are angry. It might also help if they can't sleep or they are worried or anxious.

Sleepy Starfish

Lie down on your back with your legs and arms apart.

Stay very still and imagine you are a sleepy starfish resting at the bottom of the ocean.

Breathe in, and as you breathe out, relax your arms, your legs and your head. See how still and silent you can be!

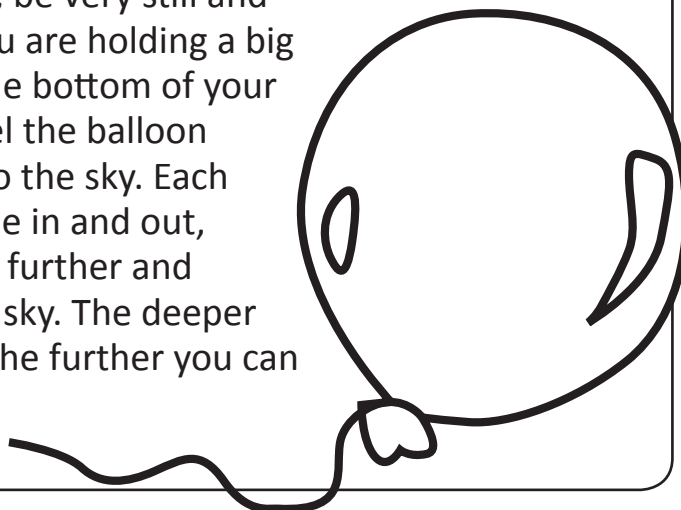


Elastic Band

Lie down, close your eyes, be very still and imagine your body is a piece of elastic, floppy and relaxed. Imagine someone is very gently tugging your head and someone else is pulling your feet. The elastic is becoming tighter. Your muscles are becoming tighter. You are getting longer and longer... Then ... ping! Let your whole body relax as the elastic band is released.

Big Balloon

Close your eyes, be very still and imagine that you are holding a big balloon. Hold the bottom of your balloon, and feel the balloon gently rising into the sky. Each time you breathe in and out, you gently glide further and further into the sky. The deeper your breath is, the further you can travel.



Zippy relax

Take in a deep breath and as you breathe in, squeeze all the muscles in your body. Now, breathe out and relax all the muscles in your body. Repeat this exercise 2 or 3 times.

My key-ring of solutions

To help your child find ways of coping with anger and other difficult feelings.

You will need



Make a small key-ring of your child's personal strategies for coping. Fill in and cut out the rectangles and stick them on card before cutting them out and assembling them into a key-ring.

When I feel...



I can feel better by...

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