



Working Through Anger Parent Handout

SOCIAL SKILLS OBJECTIVE: Students will work through and identify where they have been angry, and learn appropriate ways to handle such.

BOOKS: *Cool Down and Work Through Anger* by Cheri J. Meiners, M.Ed.; *When I Feel Angry* by Cornelia Maude Spelman; *When Sophie Gets Angry, Really, Really Angry* by Molly Bang; *Love You Forever* by Robert Munsch; *The Grouchy Ladybug* by Eric Carle; *The Way I Feel* by Janan Cain

GAME: Weathering the Storm

FOLLOW UP AT HOME: Discuss with your child those things that might trigger their angry feelings. Make a list of the common times he/she has anger issues so they can review it frequently. This will help them remember the tools they have been given to make good decisions.

Find a spot in your home where your child can go to work through angry times by themselves. Identify and use breathing techniques and activities that are soothing to them.

During a calm, quiet time, talk about how your child can use the choices wheel to give them appropriate options during times of anger or frustration.