



# How to Help Your Child Recognize & Understand Anger

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## Backpack Connection Series

### About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

### The Pyramid Model

The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit [ChallengingBehavior.org](http://ChallengingBehavior.org).

### More Information

More information and resources on this and other topics are available on our website, [ChallengingBehavior.org](http://ChallengingBehavior.org).

As a parent, you might find that calming your angry child can be one of the biggest challenges of parenting. There are many things that make children angry, and children feel anger in different ways — just as adults do. Perhaps you were taught as a child that being angry was not “allowed” or that anger was “bad.” It is important to teach your child that it is normal to get angry. Often, the first step parents must take is to set aside what they themselves were taught as children, and choose to teach their own child something new. As with all emotions, when you help your child recognize and name his anger you have helped him take the first step toward being able to control his own behavior. When your child is able to recognize the feeling and say, “I’m angry!” it reduces the chances that he will act out.



### Try This at Home

- Notice and label when you, your child or others are angry. You might say:
  - About yourself: “I am feeling angry in my body. My heart is beating fast and I feel like a volcano inside. I am going to take some deep breaths to calm down.”
  - About your child: “I can see that you are angry! Your hands are making a fist and your eyes are big.”
  - About others: “I see that little girl is angry. I wonder what happened. What do you think might help her to calm her body?”
- Encourage your child to move. Just as adults release stress at the gym or by going for a run, physical movement helps children to change their body experience. Teach your child to yell into a pillow or push on the wall. However, don't encourage your child to hit others or hit objects (we want children to let go of their anger without hitting or hurting others).
- Read books about being angry. Talk with your child about what the character is feeling and experiencing and come up with ideas that might help. You can find many books and activities to help your child learn about emotions at: <http://challengingbehavior.fmhi.usf.edu/docs/booknook/ChildrensBookList.pdf>
- Calming down is a skill that children must learn. Young children do not understand the words “calm down.” Tucker Turtle is a story that helps children understand how to calm down. It can be a great tool for teaching this skill. Download and print Tucker Turtle for free at: <http://challengingbehavior.fmhi.usf.edu/Pyramid/intervention/TTYC/tools.html>.

- Puppets and toys are great to use for role playing situations that your child understands. “Wow, this lion is very angry. Her sister took her toys! She is stomping her feet and roaring very loudly! Let's help her to calm down.”

### Practice at School

Children can become angry at school for a variety of reasons. Teachers help children understand that everyone feels angry and shows the class positive ways to calm down, such as taking a deep breath or finding a quiet place by reading stories, or role playing with puppets. Children are given the opportunity to practice different techniques and find a solution that works for them. By encouraging children to find a solution that helps them not feel angry, teachers help children feel in control of their emotions and confident in their ability to handle difficult emotions.

### The Bottom Line

Anger is a feeling all parents and children experience from time to time. The goal is not to try to get rid of anger in your child or yourself, but rather to teach your child useful and acceptable ways to manage her feelings. You can teach your child that anger is a natural, healthy emotion and like other emotions (i.e. joy, sadness, frustration), anger needs to be expressed appropriately. A child who has been taught to recognize and understand anger in herself and others will be less likely to express her anger in aggressive and destructive ways. The ability to manage feelings and solve problems is a life-long skill necessary for children to be happy and healthy.



[ChallengingBehavior.org](http://ChallengingBehavior.org)



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