




# MANAGING FEELINGS: ANGER



Anger is often an emotion that stems from fear. So try to identify the fear or emotion behind the anger. Anger is a BIG feeling for children to manage. They will need your patience and support.



Sometimes anger can show when we don't want it to. Our feelings belong to us and we have to find ways to express them without hurting ourselves or others.



**ANGER IS NOT  
A BAD EMOTION.  
HOW WE EXPRESS  
IT SOMETIMES  
CREATES  
DIFFICULTIES**



## HELPFUL WAYS TO TRY TO EXPRESS ANGER

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1. WRITE IT OUT
  2. HIT A PILLOW
  3. DO A SILENT SCREAM
  4. WALK OR RUN IT OUT
  5. KICK A BALL
  6. PUSH A WALL
  7. TAKE DEEP, SLOW, BREATHS