

# When I'm Angry

LEARNING DOMAIN:  
Social Emotional Skills



This activity will help your child to develop an awareness of feelings and give her ways to express her feelings in an appropriate way. Handling strong emotions is an important school readiness and life skill.

## Let's Play!

Introduce the activity to your child by saying: **"Sometimes we have angry feelings and that's okay, but we should express our anger in a way that doesn't hurt others or ourselves. When someone says mean words to me, sometimes I get angry. When that happens is it a good choice to hit them or throw my shoe at them? (Wait for child to respond.) No, throwing and hitting are not good ways to express your anger. What are some things that make you angry?"** Let your child respond.

**"What do you do when [name some of the things that made her angry]."** Let your child respond. Help her with real examples if she cannot remember. **"Was it a good choice to [use example of child's reaction to being angry]?"**

**"Let's think about some other things we can do when we are angry."** Have your child think of some good options. Below are a few good examples that you can share with your child:

- Use our words and say something like 'Please stop, I don't like it.'
- Ask for help from an adult.
- Walk away.
- Take a deep breath and count to 10.
- Take time to sit in a quiet place and draw a picture or write.
- Talk to someone and tell him how you are feeling.
- Listen to music and dance.
- Go into your room and pound your hands on a pillow.

## Tips

- Give your child positive feedback by saying, "I like the way you used your words to explain your anger," or "you made a good choice."
- If your child struggles with expressing their feelings in a positive way, help them to come up with a plan of action to follow when they get upset.
- Look for books on feelings and read with your child
- You can use this same type of discussion about feelings and reactions to help with other feelings (frustrated, sad, upset, scared)
- The best time to talk to your child about feelings and how they react is when they are NOT feeling that way (for this activity, we recommend you do it when you and your child are not angry).

