

# HELPING CHILDREN DEAL WITH **Anger**



## The Anger Mask

When dealing with an angry child, it is critical that you realize that anger often masks other emotions like:

- Anxiety
- Confusion
- Danger
- Depression
- Fear
- Grief
- Guilt
- Powerlessness
- Sadness
- Shame

## Anger:

A strong feeling of displeasure & belligerence aroused by a wrong; wrath; ire.

*dictionary.com*

Ps. 4:4

Ps. 30:4-5

Ps. 37:8

Ps. 145:8

Prov. 14:9

Prov. 15:1

Prov. 16:32

Prov. 17:27

Prov. 18:31

Prov. 29:11

Ecc. 7:9

Mt. 5:22

Lk. 6:31

Eph. 4:26-27

Eph. 4:31-32

Col. 3:8

Jms. 1:19-20

The three keys to helping CHILDREN deal with anger are recognizing it, naming it and learning ways to cope with it. Help kids recognize the early signs of anger like tensing of the body, clenching of fists, restlessness, deep breathing and widening of the eyes. Help them to name their anger by recognizing it on a scale from irritated to enraged. Finally give kids an arsenal of things they can do on their own to deal with anger when they feel it coming on - things like deep breathing, physical activity, draw a picture or listen to music. The most important thing is to let them know it's ok to be angry but you have to deal with it appropriately.

## Scripture References

## What To Say/Do

- How can I help?
- Tell me about that.
- Tell me your point of view.
- What choices do you have?
- Would you like a 5 or 10 minute break?
- I care too much about you to argue.
- I'm here for you. I love you. You're safe.
- What has helped before?

## What NOT To Say/Do

- Do not engage in a power struggle.
- Do not react out of your own emotions.
- Do not assume you know everything or why the child is angry.
- Do not try to "reason" with them or try to "make them understand."
- Do not ignore or deny their anger.
- Do not blame yourself or take it personally. Kids lash out at the people closest to them.