

Helping a child experiencing anger

This leaflet has been created to help school staff to support a child experiencing anger.

What is anger?

Anger is a normal emotion which can be useful in our lives. It can, however, be destructive and disruptive in respect of relationships, behaviours and learning.

What might I see in the child?

You may see excessive outbursts of physical or verbal behaviour such as fighting or shouting.

It's normal for teenagers during adolescent stages to have periods of emotional outbursts displaying signs of anger, but it maybe an indicator of other underlying situations or conditions that could require further support.

Six ideas to support a child:



1. With the child, identify any underlying trigger factors or situations that create feelings of anger.

2. Help the child to 'problem solve' possible situations that cause anger.

3. Give the child the opportunity to have some time out when feelings of anger build up, in order to diffuse those feelings.

4. Encourage the child to try things to relax, such as:

- Going for a walk/run
- Listening to music
- Playing computer games
- Reading a book
- Seeing friends
- Taking a bath

5. Talk to the child about our bodies and how they can change in certain situations - specifically talk about how the child's body changes when tension builds before an outburst of anger. Encourage the child to look for signs such as increase in temperature, sweating, breathing faster and pulse-racing.

6. Do not mirror the child's behaviour as this will cause it to escalate. Instead, manage the situation adopting a calm and controlled approach.

If the child is still giving you cause for concern, speak to your ROAR/MHFA member of staff for further advice.

Further information can be found at www.liverpoolcamhs.com/need-advice