

... "bite size"
news from
your
Region 10
Behavior
Specialist

OH, Behave!

Volume 11, Issue 1

Late Summer 2017



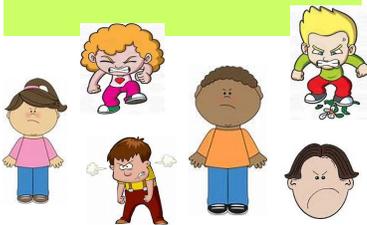
Anger and The Young Child

Behavior Tip of the Month:

Reframe your thoughts when a child is experiencing angry feelings. Is the child giving you a hard time... or having a hard time?

In every exciting issue:

- Ask The Behavior Specialist
- Behavior Tip of the Month
- Calming Choice Card
- Social/Emotional Book Nook



Anger is a real feeling. It is a human emotion and one that we all experience throughout our lives.

Therefore, it is quite normal for children to get angry. As you may have heard before, the issue is not that we get angry but what we do with it that matters. Young children need the help of caring adults to show them how to deal with such a big emotion. While there are many reasons a child may become mad, angry, frustrated or upset, we should never encourage them to suppress their emotions. Young children are learning how to regulate their emotions and do not know how to automatically control themselves. It is up to us to teach social and emotional skills such as self-regulation.

Early intervention is the key to helping young children develop and learn positive ways to handle the anger and frustration they feel. As children mature, they develop language and social skills necessary for positive social interactions. Here are

some ways we can teach children to appropriately and productively handle their anger:

- Teach children to put their angry feelings into words rather than with physical actions.
- "Use your words" is a great reminder but only if children understand what words to say. For example, give Molly the words she can use when someone does something that she does not like and have her repeat them back to you. Help her feel confident in using her words *before* she needs them.
- Validate a child's feelings. Children need adults to understand and accept that they are upset.
- Provide soothing activities and a place where children can go to calm down. You can use your cozy/quiet corner that contains a "calm-down" basket. Sensory items are wonderful to keep in the basket. Some ideas for what to include are modeling clay, play dough, squeeze toys, bubbles, emotion/feeling books, glitter bottle, squishy toys, paper, crayons, etc. Be creative!
- Use circle/group time to talk about what can be done when you get mad. Don't wait until a child is upset to try and teach appropriate anger-management. Help children be armed with ideas and the skills they need prior to needing them. As with anything you are teaching a child, reminders are key!
- Characters in books are excellent discussion starters. Talk with children about how a character feels. Help the children come up with ways the character can "get the mad out".

There is so much more to share on this subject! Therefore, we are making this topic a special two-part issue!

Stay tuned for more great ideas on helping children control their anger and frustration!



WFRC

Lead Agency for Region 10

"Enriching Child Care, Engaging Families,
Enhancing Communities"

<http://www.workfamilyresource.org/>

The Angry Buddy

Reprinted with the permission of Rachel Wagner,
Devereux Center for Resilient Children (DCRC)
<https://www.centerforresilientchildren.org>

To increase children's social emotional health we are often told to enhance children's "feelings vocabulary." When children learn the words to express what is happening inside of them, they are better able to engage in the process of figuring out what to do with those very feelings. Anger is one of the toughest emotions to discuss with children, but at the same time it is one of the most important feelings to learn to understand and address. Angry buddy is a creative way of helping children talk about angry feelings. Angry buddy also helps children see what anger looks like inside of them when it gets bottled up!

Materials

- Plastic jug
- Ping pong balls (20)
- Foam stock
- Feathers (20)
- Scissors
- Glue Gun
- Cut out and decorate the head and hands from foam stock.
- Hot glue the head and hands onto the jar

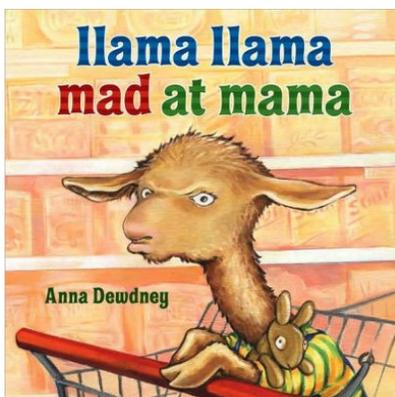


To introduce Angry Buddy to the children:

1. Introduce Angry Buddy to the children (small groups are best).
2. Discuss how everyone gets angry sometimes just like our Buddy!
3. Encourage each child to think of a time they were angry.
4. For every angry feeling children share they can put a ping pong ball in Angry Buddy's belly.
5. Once Buddy's belly is full, close him up and give him a shake.
6. Explain how this is what anger feels like when stuck inside us.
7. Give children a turn shaking Angry Buddy.
8. Ask children to think of ways to help Angry Buddy calm his anger down.
9. For every idea a child contributes they can put a feather inside Buddy.
10. This way children can learn what makes them mad, and what they can do to calm down!

Check out this great list of books on angry or mad feelings [here](#).

Social/Emotional Book Nook



Poor Llama Llama grows so impatient and mad at his mama when a routine shopping trip takes just too, too long. Just as suspected, Llama has a tantrum! However, Llama's mama uses wonderful parenting skills to calm her little Llama down and helps him see that if they work together to get things done, they can be on their way to fun. Designed for ages 2 to 5, Anna Dewdney lures children in by the rhythmic words and the vibrant colors of the pictures. (Editor's note: Sadly, Anna passed away in 2016, but she lives on through her wonderful books!)



Do you have a question you would like to see answered in our monthly column?

Feel free to fax your question to 336-761-5107.

You can remain anonymous if you prefer, but please put your question to the attention of "Ask The Behavior Specialist".



In each issue you will find a new card to help you build your very own "Calming Choices" Card Set for your classroom.

When I am upset, I can...

ASK FOR A HUG



For durability and repetitive use, print on cardstock paper and laminate.



Questions or Comments?

Contact Me!

(336) 761-5100

Ext. 1010

Renae Lingafelt-Beeker

RBeeker@ccrr.org

Follow us on twitter [@OhBehaveTips](#)

Check out [Tucker's NC Nest](#) on Pinterest! (Just click ☺)