

STOP AND THINK SOCIAL SKILLS

Dealing with Anger

Anger is a very complex emotion because it is so situation specific. To help children deal with anger, we must (1) help them identify the circumstances and situations at school and elsewhere that trigger their anger; and (2) help them understand the early warning cues/signs their bodies give (what they say to themselves, how their bodies physically react, how they emotionally feel). When students know their triggers and cues, they can either avoid the situations that prompt their anger or prevent their emotions from escalating to an angry or out-of-control response. The Stop and Think language prompts children to calm down and choose an appropriate response to their feelings.

Use the Stop and Think language at home with your children to help reinforce the steps of dealing with anger.

Step 1: Stop and Think.

Step 2: Am I going to make a good choice or a bad choice? A good choice!

Step 3: What are my choices or steps?

- a. **Take** a deep breath and **count** to ten.
- b. **Think** about the good choices you can make. You can:
 - i. **Tell** the person that you are angry and talk about it.
 - ii. **Walk away** from the person to a safe place.
 - iii. **Find/ask** a teacher or other adult to help.
- c. **Choose** your best choice.

Step 4: Just do it!

Step 5: Good job!

**Information taken from The Stop and Think Social Skills Program developed by Dr. Howard M. Knoff