

## **How to Help your Child Control His/Her Angry Feelings**

### ***RULES FOR "GETTING YOUR MADS OUT"***

**It is normal to become angry and frustrated at times, but it is important to be able to control these often intense feelings.**

**Become aware of your body. Is your face becoming flushed? Is your heart racing? Are you clenching your teeth or making fists with your hands? Are the "mads coming?"**

**Start breathing! Blow out those mad feelings! Breathe in through your nose and out through your mouth.**

**Get your control. Self-talk helps. Tell yourself to calm down. In your mind, say, "I am ok", "Calm down". Feel good about getting your control.**

**Stop and think. Count to ten. Prepare to make a good choice.**

**Do not hurt anyone just because you are mad. Walk away. Don't use your hands, feet or voice to hurt others.**

**Use a strong voice and I-statements to get out your angry feelings. Say, "I feel mad when you\_\_\_\_\_!"**

**Ask for a time-out. Get a drink of water or go to the bathroom. Use self-talk to get out your feelings.**

**Draw a picture of what is making you angry and rip it up and throw it away.**

**Talk about your feelings with a friend, parent, or teacher.**

**Read a book to distract yourself.**

**Write about your feelings in a journal.**

**By,**

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