

# UNLOCK WIZARD



## ANGER MANAGEMENT

Ways to identify anger triggering events  
and replacing it with coping skills

**CCI  
Special**

*The attention & environment you  
provide shapes your child's brain  
development for life*

**#5  
ENGAGE**  
Series

Anger is often seen as a major problem among teenage children. It can lead them to do things which they would never think themselves capable of. The biggest problem with anger is that, it inhibits our self- control hence making us helpless to stop ourselves from doing something which shouldn't be done. Anger itself is not a problem but the way we respond to it might determine if it's problematic or not.

DB YaR Forum recommends you the following tools to introduce your children to understand their anger pattern.

Note: - The following are basic tools. For severity of the issues don't hesitate to consult an expert.

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Researcher, DB YaR Forum



Learn what to say to your  
child when he/she is angry.



I see that  
you are  
upset, let  
me help  
you.

How  
about we  
sit down  
for a  
minute.

Take a  
deep  
breath.

It's  
frustrating  
when things  
don't work,  
lets figure it  
out together.

# What to say to your child instead of '**calm down**'

How To Help  
Your Child Calm Down by  
[livinglifeasawife.com](http://livinglifeasawife.com)

Can I give  
you a hug  
to help  
you feel  
better?

Use an  
indoor  
voice.

Tell me  
about why  
you are  
upset.

Try  
walking  
away for  
a minute.



Identify what makes  
your child angry.



# Anger Triggers



An anger trigger is something that happens to make you feel irritated, frustrated, or mad. Go through this list and, on a scale of 1-10, identify how angry each of the triggers makes you feel.

0	1	2	3	4	5	6	7	8	9	10
CALM										

- |  |  |
|--|--|
| _____ When an adult yells at me or scolds me     | _____ When I don't feel listened to or understood      |
| _____ I get grounded or lose my privileges       | _____ When I'm not good enough at something            |
| _____ I get a bad grade on a test or assignment  | _____ I'm not invited to an event                      |
| _____ I get in trouble for something I didn't do | _____ I get physically injured                         |
| _____ My parents make a big deal out of nothing  | _____ I lose while playing a video game                |
| _____ Someone breaks their promise to me         | _____ Certain rules that my parents have for me        |
| _____ My friends talk about me behind my back    | _____ I get betrayed by someone close to me            |
| _____ Other people talk about me behind my back  | _____ People tell me what to do                        |
| _____ People touch my things without permission  | _____ I'm lied to                                      |
| _____ People go into my room without permission  | _____ My family members' behaviors or habits           |
| _____ I lose at a sport or competition           | _____ I'm treated unfairly                             |
| _____ My parents argue with each other           | _____ I'm forced to do something I don't want to       |
| _____ I feel disrespected by an adult            | _____ Other people have what I want                    |
| _____ Other people make decisions for me         | _____ I have too much work to do                       |
| _____ I'm left out by my family or friend group  | _____ Someone talks about my family member             |
| _____ My electronics stop working                | _____ People are rude, inconsiderate, or disrespectful |
| _____ People invade my personal space            | _____ Someone puts their hands on me                   |
| _____ People talk to me like I'm a kid           | _____ Things don't go as I planned                     |
| _____ I get criticized for something I did       | _____ I get embarrassed publicly                       |
| _____ I'm bullied or picked on                   | _____ I'm not a priority to friends or family members  |
| _____ People steal from me                       | _____ Someone takes advantage of me                    |

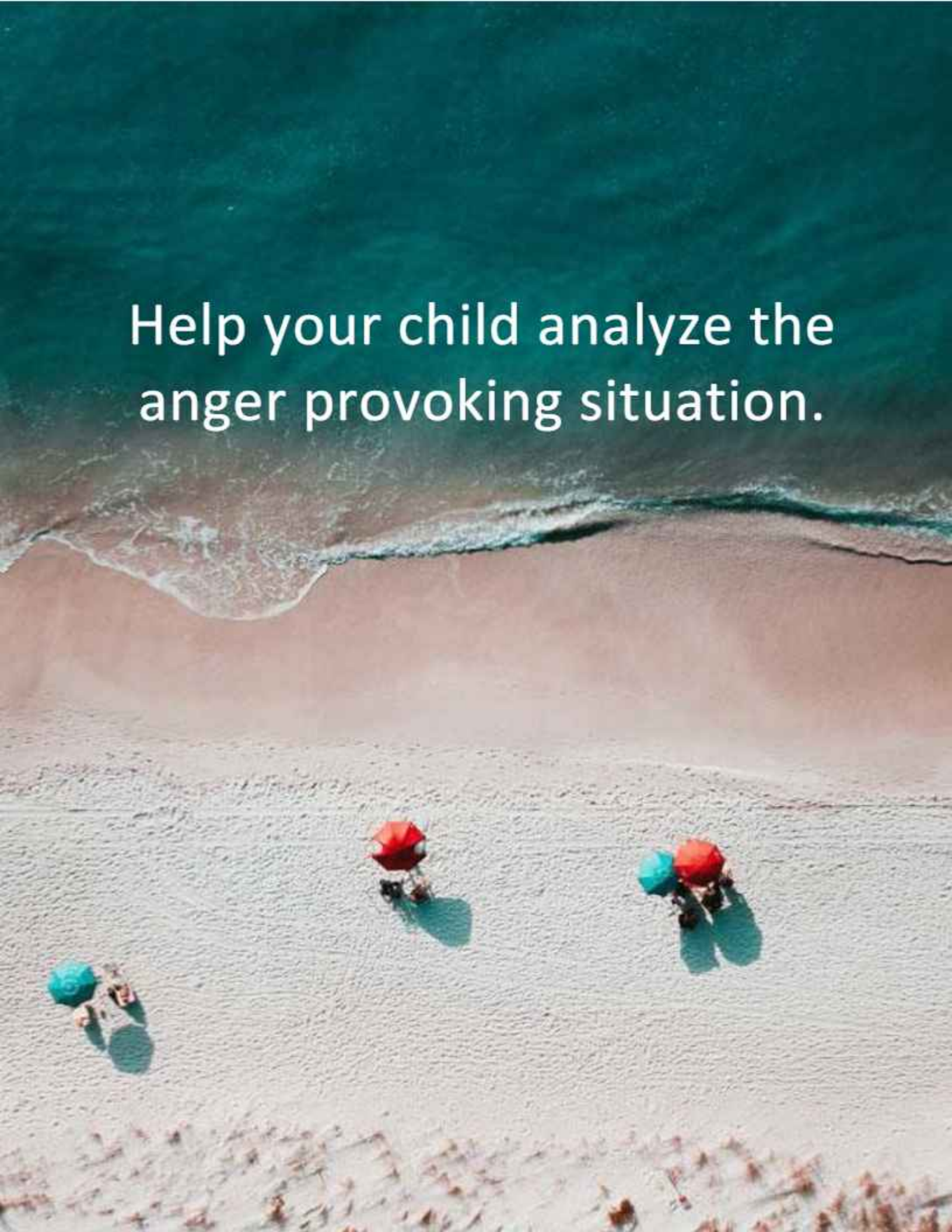
**What are some other things that make you feel angry?**



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Help your child analyze the  
anger provoking situation.



# ANGER EXPLORATION WORKSHEET

Use this worksheet to explore and discuss a recent anger episode!

## WHAT HAPPENED THAT MADE ME FEEL ANGRY?

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## WHAT OTHER FEELINGS DID I EXPERIENCE?

- |                                  |                                  |                                      |                                |
|----------------------------------|----------------------------------|--------------------------------------|--------------------------------|
| <input type="checkbox"/> sad     | <input type="checkbox"/> annoyed | <input type="checkbox"/> guilty      | <input type="checkbox"/> _____ |
| <input type="checkbox"/> worried | <input type="checkbox"/> scared  | <input type="checkbox"/> stressed    | <input type="checkbox"/> _____ |
| <input type="checkbox"/> jealous | <input type="checkbox"/> lonely  | <input type="checkbox"/> embarrassed | <input type="checkbox"/> _____ |

## WHAT THOUGHTS WENT THROUGH MY HEAD?

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## HOW DID I RESPOND?

- |  |   |   |                                |
|--|---|---|--------------------------------|
| <input type="checkbox"/> yelling and screaming | <input type="checkbox"/> hitting or kicking | <input type="checkbox"/> throwing objects | <input type="checkbox"/> _____ |
| <input type="checkbox"/> name-calling          | <input type="checkbox"/> threatening        | <input type="checkbox"/> running away     | <input type="checkbox"/> _____ |
| <input type="checkbox"/> crying                | <input type="checkbox"/> cursing            | <input type="checkbox"/> slamming doors   | <input type="checkbox"/> _____ |

## WHAT ENDED UP HAPPENING?

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## WHAT WAS MY CONSEQUENCE?

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## WHAT CAN I DO DIFFERENTLY NEXT TIME IF THIS SITUATION HAPPENS AGAIN?

- |  |  |                                |
|--|--|--------------------------------|
| <input type="checkbox"/> use an I-Feel Message | <input type="checkbox"/> deep breathing  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> walk away             | <input type="checkbox"/> tell an adult   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> count to ten          | <input type="checkbox"/> distract myself | <input type="checkbox"/> _____ |



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Find out what your child does  
when he/she feels angry?



# ANGER BEHAVIORS



Place a check mark next to how often you show these behaviors whenever you feel frustrated or angry.

	NEVER	SOMETIMES	USUALLY
Yelling and screaming			
Slamming doors			
Walking or running away			
Throwing objects			
Crying			
Backtalking			
Hurting others physically			
Hitting or punching things			
Name-calling or insulting			
Swearing or using foul language			
Avoiding the other person			
Using threatening words or actions			
Making comments under breath			
Shutting down or withdrawing			
Posting on social media			
Getting back at the other person, sneakily			
Making insulting gestures			

What are some *positive* ways that you cope with your anger?

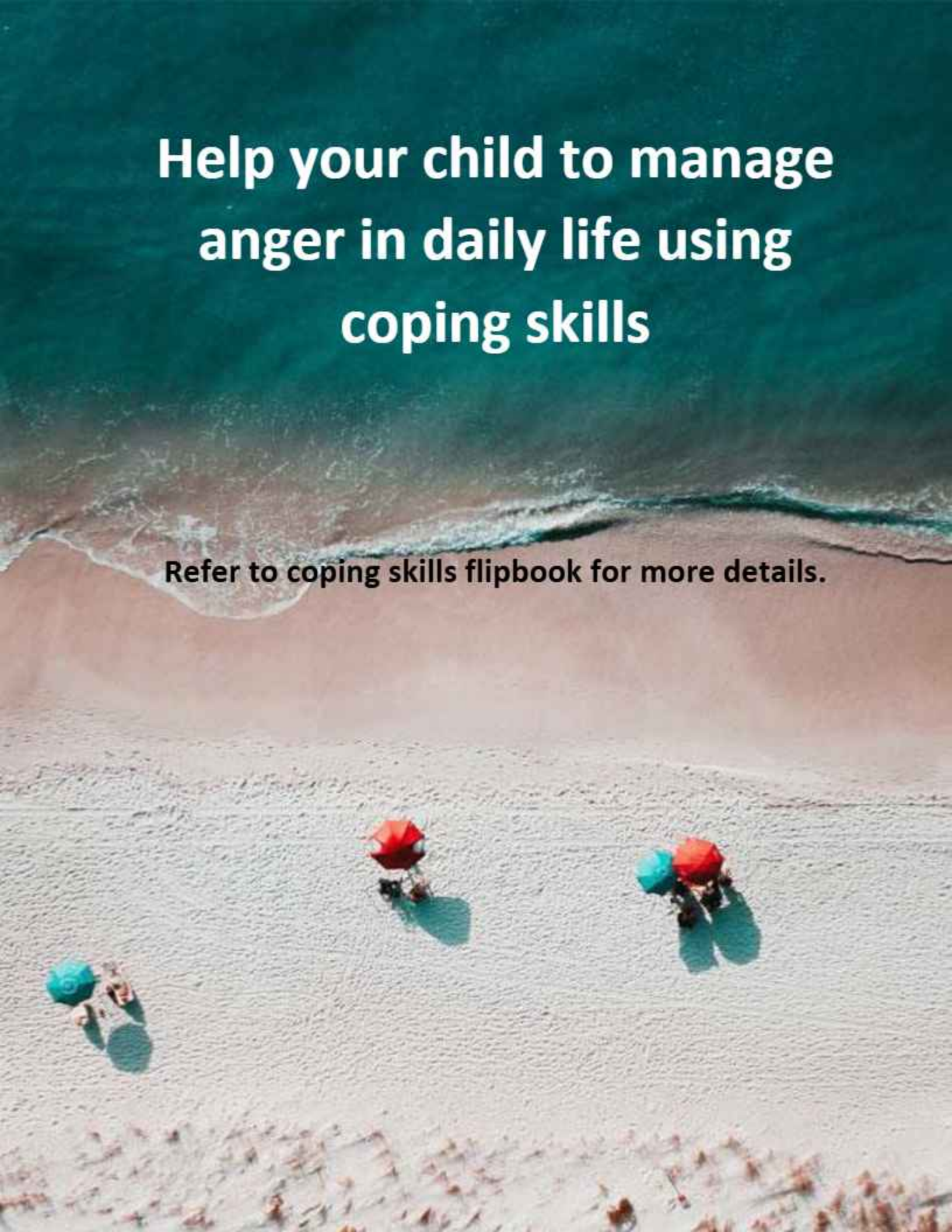


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# **Help your child to manage anger in daily life using coping skills**

**Refer to coping skills flipbook for more details.**



# INSTEAD OF...

What are some things that you can do differently this week when you are feeling angry? Use this worksheet to come up with healthy coping skills to use for your anger triggers instead of responding in ways that can get you into trouble.

## This week, when I feel angry, instead of...

*(How do you usually cope with your anger?)*

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## I will use these coping skills!

*(Place a check mark next to each coping skill you use during the week)*

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	



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Character Illustration provided by Sarah Pecorino  
Illustration & Design: [www.sarahpecorino.com](http://www.sarahpecorino.com)



# Explore



## 1. Anger Management Techniques



## 2. "My Anger Issues Almost Screwed Up My Life"



## 3. Anger Management | Teens



## 4. How to Control Anger | Anger Management Techniques



## 5. Managing Anger



## 6. Anger Rhyme



# KEY WORDS



## TO SEARCH ON THE WEB

## 1. Anger management techniques

## 2. Types of anger

## 3. How anger changes thinking pattern

## 4. How to teach children about coping skills

## 5. Activities on coping skills

Let's hand hold our children to become the best version of themselves!!





Everything and everyone is  
won by the sweetness of  
our words and works

- Don Bosco

**Don Bosco National Forum for the Young at Risk**

New Delhi



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