



Handling Anger in Healthy Ways

Anger is a normal feeling that we all experience. We each have a choice to handle our anger in healthy, positive, constructive ways or by becoming overwhelmed by feelings and act in inappropriate, destructive and even violent ways. Parents can help their child or youth learn acceptable ways to behave when feeling angry.

WHY DO CHILDREN HAVE TROUBLE HANDLING ANGER?

- They are afraid of their intense feelings and believe they are wrong to feel them.
- They have been taught that anger is bad and should be kept inside.
- The people they look up to have provided the example of destructive or violent ways to express anger.
- Anger that has been hidden for a long time can explode into violent outbursts or destructive behavior.

TEACH KIDS BETTER WAYS TO HANDLE ANGRY FEELINGS

1. Help them to recognize when they are becoming angry.
2. Discover with children or youth what situations make them angry.
3. Teach how to express anger appropriately such as drawing a picture of angry feelings, writing down angry feelings, talking about feelings with a friend or adult, telling the person you are angry with how you feel or letting off steam with physical activity or sports.
4. After expressing the angry feelings, begin to try and let go, moving on by doing things that will make the situation better.

WHO TO CALL FOR HELP

- Counselors, psychologists or mental health professionals
- Social service organizations such as your local children's services or health department

For more online tip cards, visit kcsl.org under the "Resources" tab.

Parenting questions? Call the Parent Helpline.

1-800-CHILDREN or email/text 1800children@kcsl.org



Kansas Children's Service League

