

Outline for I'm not Bad, I'm Just Mad: Helping Children Learn to Manage Their Anger

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A. Anger is the communication of a problem

1. What is anger?
2. The difference between anger and aggression
3. Why we mishandle children's anger
4. How we mishandle children's anger

B. Understanding children

1. What makes children angry and how they show it
2. Attachment needs

C. Constructive ways to handle anger

1. Manage your own anger/model effective ways to handle anger
2. Recognize our part in the problem
3. Anger 1st aid/responding to anger
4. Seeing what is under the anger, the real message
5. Managing feelings and stress
6. Anger management tools, practical strategies to prevent anger
 - a. Activities
 - b. Books
 - c. Games
 - d. Communication skills
 - e. Environment
 - f. Problem solving

References

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