

Helping Children Express Anger



1 Use the Wheel of Feelings* to help your child learn about the different feelings and situations that cause them.

2 Help your children find out what changes in their bodies when they are angry.



3 Tell your children to always use words to show what they are feeling about people or a situation.

4 Invent a situation where there is a fight or a conflict. Use dolls or stuffed animals to talk to your children about the situation and their feelings.

(*)SOURCE: PBS KIDS