

DS/021/2025-26

Date:23/04/2025

ANGER MANAGEMENT STRATEGIES

Dear Parents,
Greetings from Dewvale School!

This Wellness Wednesday, let us focus on anger management strategies for our children. We believe that teaching children how to recognize and manage their emotions is crucial for their emotional well-being.

Please find the attached poster with valuable tips to manage anger and support emotional well-being in children.

Best Regards,



سيما عمر

Seema Umar



TEACHING KIDS ANGER MANAGEMENT STRATEGIES

by WholeHearted School
Counseling

1. Walk away and cool down.



2. Take Steady Breaths and focus on exhaling slowly.



3. Count to 20 or more until you feel calmer.

1 2 3 4



4. Stretch or do yoga.



5. Use I-Statements & say how you feel, what you need & how you want to be treated.



6. Take a break and use a calming tool like a stress ball.



7. Exercise or play a sport.



8. Squeeze then relax your muscles.



9. Push against the wall or floor and then relax.



10. Scribble on paper or write about what's bugging you.

