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,

Seems Una

سيما عمر

Seema Umar

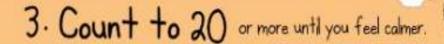


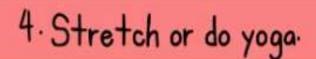
TEACHING KIDS ANGER MANAGEMENT

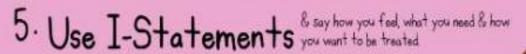
STRATEGIES by WholeHearted School

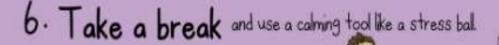
Counseling

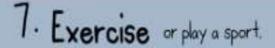
- 1. Walk away and cool down.
- 2. Take Steady Breaths and focus on exhaling slowly.











8. Squeeze then relax your muscles.

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

10 Scribble on paper what's bugging you





