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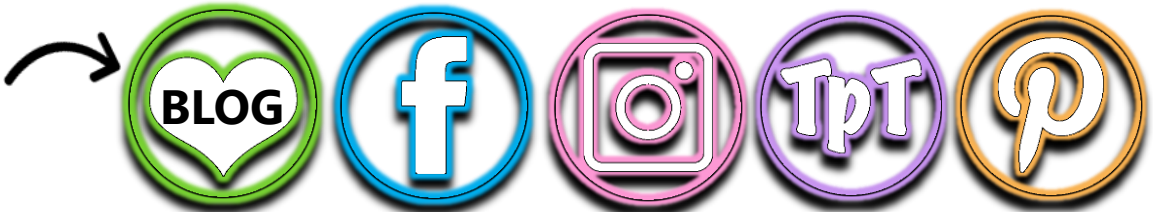
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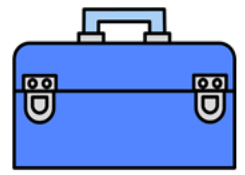
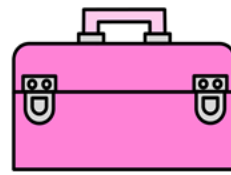
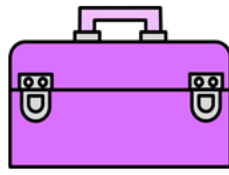
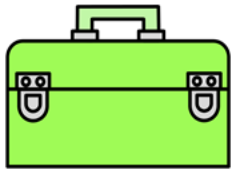
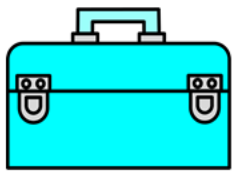


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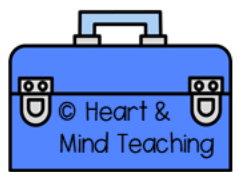
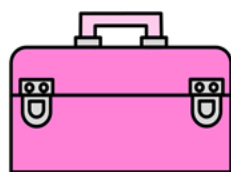
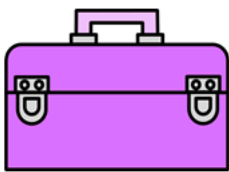
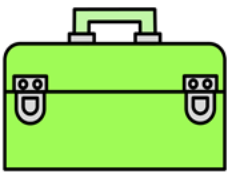
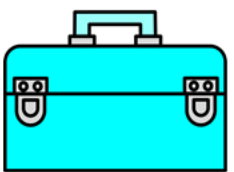


If you have any questions or concerns please email me at:
heartandmindteaching@gmail.com

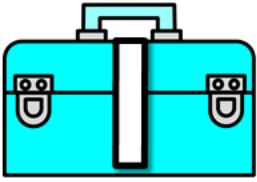
♥
Ashley



BEHAVIOR TOOLBOX Angry



BEHAVIOR TOOLBOX



Angry

What it looks like

*Student is frequently angry at anyone and everyone, including themselves.

*Student has little to no control over their anger.

*Physically and verbally aggressive towards others.

*Hostile towards authority figures (Teachers and Parents).

*Screams, yells, throws items, hits others.

*Student feels the anger is warranted.

*Student is defensive and blames others.

*Throws tantrums at school and at home.

*Low self-esteem and feelings of frustration because of perceived failures.

*Lack of control over issues at home, difficult life situations, and/or lack of abilities (struggles academically or socially) creates a need for power which the student gets through anger outbursts.

Angry

BEHAVIOR TOOLBOX



Angry What to do

*Stay calm, react with caring and compassionate concern for the student in a slow and low tone of voice. They lack an adult that listens to them in their lives, so when they tell you what happened, let them fully explain. Otherwise, they will feel unheard and interrupted.

*Attempt to prevent situations that will cause the student to get angry. Example, sit them away from another student who likes conflict.

*Have a cool down area (classroom library is a common spot) that the student can go to when they need to calm down. Try having them drink water, its calming and helps slow breathing. Once they are calm, have them reflect on what upset them, how they reacted, and what they could do differently next time. This could be verbal or written on a reflection paper/ journal.

*Talk to the student about anger, that it is an emotion that everyone experiences and it is not wrong. How the student is expressing the anger however, gets them into trouble, so they need to use other ways to do that.

*Teach the student cool down strategies: counting to ten, deep breathing, writing in a journal or drawing. Teach them balloon breathing, where you hold your hand in front of your mouth and act like you are slowly blowing up a balloon. Once you feel ready (calm), let the imaginary balloon go, along with your anger. Praise the student when you see them using the strategies.

*Angry students often feel out of control over their lives. Explain to the student that when we react inappropriately to others and express our anger outwardly, we are letting that person control us because we gave them the reaction they wanted. Not reacting would be the way to truly "win".

*Give student responsibilities/class job, they need to feel successful.

*Attempt to get student involved in school sports, it will help to get out the aggression.

*Inform parents of concern and if the behavior continues, inform Admin and/or School Counselors, get the student in small group counseling for social skills or anger management.

Angry

BEHAVIOR TOOLBOX



Angry

What NOT to do

*Do not react with anger, this will only make the student more angry.

*Do not walk on eggshells around the student, if possible try to prevent conflicts but the student should be accountable for his behavior.

*Do not assume the student is to blame for every conflict, listen to both sides first.

*Do not interrupt the student when they are explaining what happened. If you have to because of time constraints, try to say "I hear how upset you are...", make sure to validate his/her feelings.

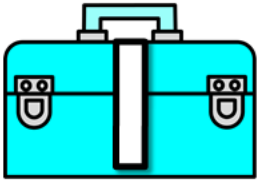
*Do not attempt to mediate the conflict until the student has calmed down. Say "When you are ready, we can talk, but it has to be a calm talk so I can fully understand what happened."

*Do not expect immediate results, anger is a strong emotion that takes time to learn how to cope with.

Angry

BEHAVIOR TOOLBOX

Angry Quick Guide



what it looks like

- *Student is frequently angry at anyone and everyone, including themselves.
- *Student has little to no control over their anger.
- *Physically and verbally aggressive towards others.
- *Hostile towards authority figures.
- *Screams, yells, throws items, hits others.
- *Student feels the anger is warranted.



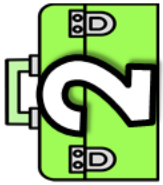
what to do

- *Stay calm, react with caring and compassionate concern for the student in a slow and low tone of voice.
- *Attempt to prevent situations that will cause the student to get angry.
- *Have a cool down area that the student can go to when they need to calm down.
- *Teach the student cool down strategies: counting to ten, deep breathing, writing in a journal or drawing.
- *Explain to the student that when we react inappropriately to others and express our anger outwardly, we are letting that person control us because we gave them the reaction they wanted.
- *Give student responsibilities/class job.
- *Attempt to get student involved in school sports.
- *Inform parents of concern and if the behavior continues, inform Admin and/or School Counselors, get the student in small group counseling for social skills or anger management.



what NOT to do

- *Do not react with anger, this will make the student more angry.
- *Try to prevent conflicts but the student should be accountable for his behavior.
- *Do not assume the student is to blame for every conflict, listen to both sides first.
- *Do not interrupt the student when they are explaining what happened.
- *Do not attempt to mediate the conflict until the student has calmed down.
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Angry

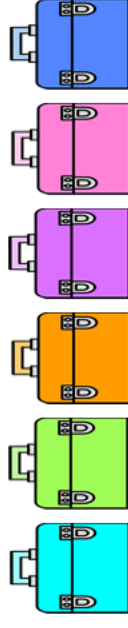
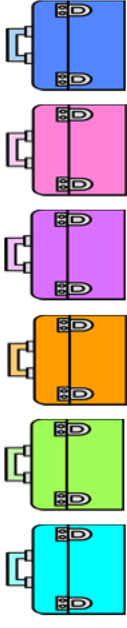
What to do (Cont.)

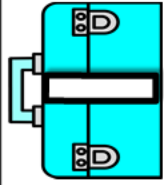
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"A change in
behavior
begins with a
change in
the heart."

BEHAVIOR TOOLBOX

Angry

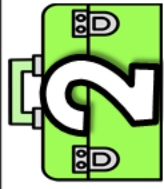




Angry

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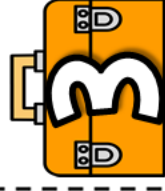


2 Angry

What to do

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(Continues on the flap)



3 Angry

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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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Ashley

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