



The Ultimate Character Development System

**Building a Successful Future
One Student at a Time!!!**



MARCH 2010 - ANGER MANAGEMENT

Anger Management means, "I calm myself down when I feel angry!"

Anger Management means dealing with anger in a safe, fair and positive way.

ANGER MANAGEMENT: MARCH 2010

Dear Family,

This month we will focus on the character concept, “anger management.” Therefore, our power-chat discussions and activities will aim to help children understand what it means to manage one’s anger as well as what strategies they can employ when dealing with anger and frustration.

Anger management is contingent on our ability to recognize other people’s feelings (empathy), the control we have over our own behaviors that impact those feelings (self control) and our ability to cope with our anger in constructive ways so that we don’t hurt others physically or mentally with words or fists. Anger Management is a vital part of relationship management, violence prevention, and positive problem-solving.

Anger management is a process that helps us to reduce stress and get our feelings across in a constructive, safe, and fair way. We will teach our students the 5 Powerful T Steps: (1) Tune in; (2) Take a deep breath; (3) Talk to yourself; (4) Think it through; (5) Tune back in. These steps can be used as tools to gage one’s feelings and come up with solutions to defuse one’s anger and problem solve simultaneously.



New research tells us that, in teens, anger management can be affected negatively by one’s social group. According to a study that came out this past December, young people who want to be better appreciated and respected within their group are the most likely to be violent (Psicothema; December, 2009).

The definitions for Anger Management are as follows:

Young children: I calm myself down when I feel angry!

Older children, Teens and Adults: Dealing with anger in a safe, fair and positive way .

During the four weeks of March we will be discussing the following:

- Week 1: Tuning in: What makes us angry, how does it feel, and where do I feel it?
- Week 2: Strategies to calm down: How can I manage my anger?
- Week 3: Thinking it through: What’s going on in my brain and my body?
- Week 4: Tuning back in: Evaluating how we did and making adjustments

Upcoming Powerful Words

April:	Manners
May:	Sportsmanship
June:	Focus

As always, we urge you to encourage your children to practice anger management skills at home and out in the community. It’s only with practical application that they will become more adept in these skills.

We thank you for your support. You are pivotal in helping to make our school one of the best Martial Arts and Personal Development Centers in the world!

Best Regards,
Your Motivated and Dedicated Martial Arts Instructors

For More Powerful Parenting Information , go to www.DrRobynSilverman.com



DEAR *Dr. Robyn*

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MARCH 2010: ANGER MANAGEMENT

(Paraphrased from a coaching call; with permission)

Dear Dr. Robyn,

My son is a pretty quiet child. When he gets angry, you might not even know it. The problem is, he's been getting headaches lately and has been having trouble in school. We've realized that this only happens when he's stressed out and angry-- and recently he's been the target of a lot of teasing. How can we help him?

--Sandi M, Morristown, NJ

Dear Sandi,

Children who have trouble expressing their anger can have a host of physical problems including hives, respiratory problems, or headaches, like your son, and emotional problems like trouble in school, interpersonal problems, and physical outbursts.

Bullying, in the form of teasing, taunting, fighting, gossip, or being ostracized can certainly be the cause of anger during childhood. It's also very common. According to the 2007 Bureau of Justice Statistics' Indicators of School Crime and Safety Report, about 1/3 of students between the ages of 12 and 18 admit to being bullied in the past six months. Of those students who reported being bullied, 79% said that they were bullied inside the school, 23% said that they were bullied outside on school grounds, 8% said they were bullied on the school bus, and 4% said they were bullied somewhere else.

It appears that you have 2 major issues taking place. On the one hand, there is bullying and on the other, you have anger management problems. Here are some ways to cope:

(1) **Establish your child's "safe people":** Many children report that they don't know at least 3 adults they can turn to if they need to talk. Help your child figure out who those people are both inside and outside the school walls. While you, of course, are available to your child, sometimes having an "outside" person can be a helpful way to get your child to open up and feel safe.

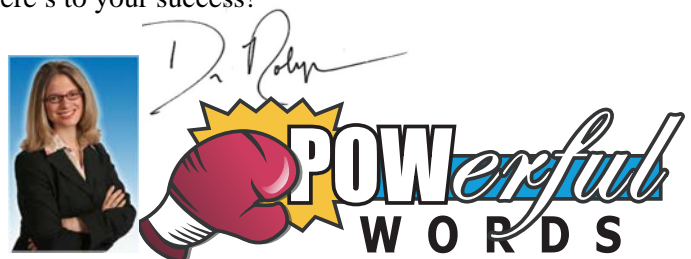
(2) **Talk to the counselor at school:** With your child's permission, talk to the appropriate people at school so that they are aware of what's happening. Make notes of the school policies and establish a communication system with the administrators or teachers. Together, discuss how your child can handle the bullying issues taking place without feeling embarrassed or feeling like he's making the problem worse. This can help him constructively deal with his anger.

(3) **Keep the door to discussion open:** Let your child know that at any time, day or night, he can talk to you (or other established safe person). Sometimes children open up at inconvenient times! Allow him this opportunity.

(4) **Model positive anger management skills:** Make a point to talk about your own anger, how you calm yourself down, and think through your problems. Show your child that everyone gets angry, that anger is OK and normal, and that there are ways to productively deal with it.

(5) **Reflect:** After an incident, when everything is calm, talk about how you, your child, or others, handled their anger. Is there anything that could have been done differently? What was handled well?

Here's to your success!



Tornado in My Tummy!

When we get angry, sometimes it feels like there's a tornado in our tummies! Let's help our friends find a way to get all those angry feelings out of their bodies by making good anger management choices. Remember, when we make good anger management choices, we do our best to keep things safe and fair for everyone!

Circle the good choices we can make when we get angry. Put an X over the choices that could be unsafe or unfair to others.



Talk to yourself



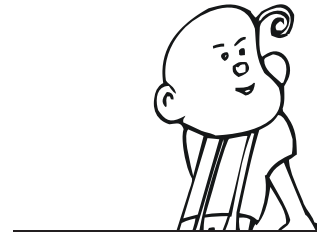
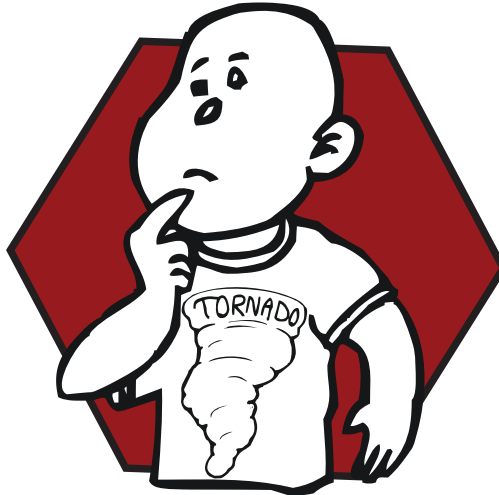
**Yell at
your mother**



Think it through



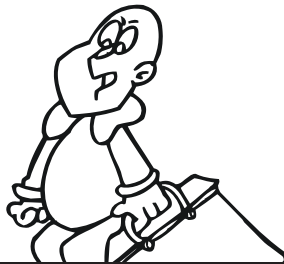
**Talk to someone
you trust**



**Take a PowerBreak
(Breathing Break)**



**Plug your
ears**



Run Away



**Punch your
friend**

The *ANGER* In Me

Where do you feel anger?

Circle the places where you feel anger when you get angry.

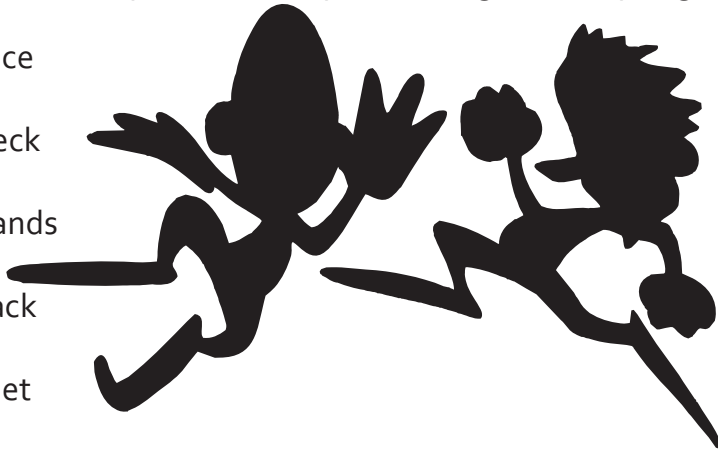
Face

Neck

Hands

Back

Feet



Head

Shoulders

Fists

Stomach

Legs

When I get angry I...

(check off anything you do)

- Take deep breaths
- Talk it out
- Hit someone
- Talk to myself/Write
- Scream at someone
- Get really quiet
- Count backwards
- Exercise
- Other: _____

The last time I got angry...

Why was I angry? _____

How did I calm down? _____

What did you do about the problem? _____

Tuning In: How am I doing with anger?

If I think about how I handle anger, the thing I could do better is: _____

The 3 people I can go to when I get angry are:

(1) _____ (2) _____ (3) _____

Anger and Resentment

Resentment is like taking poison and waiting for the other person to die. – *Malachy McCourt*

One of the most lethal forms of anger is resentment because it eats people up from the inside. Talk about your experience with resentment, good or bad, and how you have resolved/dealt with (or are working towards resolving/dealing with) the issues.

Resentment is stabbing yourself to get at the person behind you. – *Unknown*

Resentment is setting yourself on fire so the smoke will annoy someone. – *Unknown*