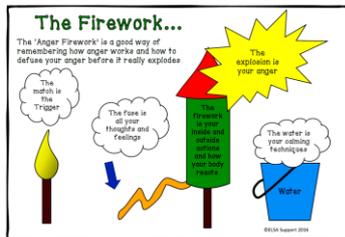


Information for the Anger lapbook

This lapbook is meant for working proactively with a child on their anger and not to be used when working reactively. Please do read the information on 'Stages of an Angry outburst'. You get much further with a child when they are calm and you can talk about incidents of anger in a much better way.

This lapbook is based on the 'Anger Firework model'.

The Anger Firework (not to be included in the lapbook but for information)



This is a great way to demonstrate anger to a child. Talk about the different parts to the firework picture.

The Trigger



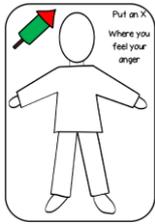
What triggers the child's anger? The first step to being able to control anger is to understand what actually triggers the anger. Being called a name, being pushed, being told off, getting a funny look from someone, being tired and so on are all reasons which might trigger an anger episode. If the child has an understanding of what those triggers are they may be able to make some changes to avoid a full-blown anger episode. At any point the child can also try calming techniques to try and defuse the situation. Calming techniques are represented by the 'water'.

The Fuse



The fuse represents the child's thoughts in the firework model of anger. What is the child thinking about when something triggers their anger? At this stage if they can change their thoughts to more positive ones then the anger may not escalate. Help children to identify their thoughts when angry and then come up with different thoughts to try and stop the anger escalating.

The Firework



In the firework model of anger the firework represents all the child's physical feelings and their outside reactions. It is important for children to understand that they will breathe faster, their hearts will beat faster, they might feel hot, bothered, their skin may go red and they might get a tummy ache or feel sick. This activity helps them identify the physical symptoms of anger. The body sheet is a good way of discussing physical symptoms of anger.

Problems and Reactions



It is important to look at each problem that has escalated into an angry outburst and identify how big the problem actually was and how big was the child's reaction to the problem. For example a child may have an angry episode over a trivial incident and afterwards they may realise how trivial it was. A small problem which gave a huge reaction. Talk about previous episodes with the child and try and find get them to scale the problem and their reaction to that problem.

Anger thermometer



It is very useful to scale anger. 1 being a frustrated and 5 being furious. How angry does the child feel? Look at the scenarios and perhaps make some more up to suit the child (you know them better than anyone else). This may also lead into discussion on the problems and reactions.

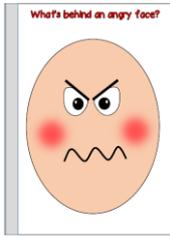
Water



It is important that children have coping strategies in place when they begin to feel angry. Coping or calming strategies are represented by the water in the firework model of anger. Children can use the water at any stage of their anger. A good place to use these strategies is at the trigger stage so as soon as something triggers their anger they use their calming strategies. Suggestions could be:

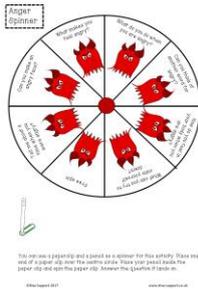
- Counting to 10 forwards or backwards
- Take 5 deep steady breaths
- Run your hands under cold water
- Do some sort of exercise?
- Ignore, walk away
- Go somewhere quiet and relaxing (a safe place).

What is behind an angry face?



Let the child write or draw the things that make them feel angry on the brain sheet. There might also be sadness behind an angry face. Try and dig a bit deeper and see if there is anything causing the child to have angry outbursts.

Anger Spinner



This simple game can be played during each session just to warm the child up or as an end to the session.

Stages of an angry outburst (information for adults on dealing with an angry episode)

Stages of an angry outburst

1. The trigger

- Interfere promptly and divert or distract the child if possible.
- Remove the child or other children who may be involved.
- Give children a choice of distraction.
- Allow time for the child to set in the direction or instruction.
- Make a list of triggers for the future.

2. Escalation phase

- Try and diffuse the situation quickly.
- Make a change of activity.
- Encourage the use of calming strategies such as 'star breathing', 'counting', 'soft talk', 'time out', or a physical activity such as stretching or jumping.

3. Crisis phase

- Ensure child - make sure you are safe, the child is safe and other children are safe. Remove all those from around the child which could cause damage.
- Adult present themselves alone. Friends to do so or unless necessary (i.e. The child may be hurt if you do not withdraw).
- Remain calm at all times. Use a quiet, slow and clear voice. Keep your language simple as the child can understand what you are saying. Try to break down your language. This is when you repeat the same instructions over and over again.
- Make sure your body language and your voice is non-threatening at all times. You must NOT be confrontational.
- Ask for help, about another adult to get help for you.

4. Recovery phase

- Allow self to cool down for the child to calm down to a safe and quiet environment. Give the child a simple task around safety which has no right angle such as:
 - Handing paper clips together to make a chain, necklace or string. If time takes a while and possibly to do with the child in the end again.
 - To practice and encourage at all times.
 - Avoid discussing the incident at the time.
- Post-episode Debriefing phase**
- Discuss with the child what happened at all times.
- Make sure you demonstrate personal acceptance even though there has been unacceptable behavior.
- The child may feel guilty, sad, tired or depressed as all the feelings in their body are trying to return.
- Apologizing to any child or address the child may feel. Keep covering up all rows.
- Help to calm managed with self-talk.

5. Follow up

- Talk, listen and reflect.
- Make a shared plan to avoid future angry outbursts.

What an adult can do to manage an angry outburst in a pupil

It's important to remind yourselves on how to deal with an angry child. Keep this in your own file or stick it up in your room as a reminder.

Making your lapbook

This lapbook couldn't be simpler to make up.

You need one sheet of A3 card.

Measure 9 cm on the left side of the sheet of card and make a fold. It is better to score it using a ruler as a guide before folding.

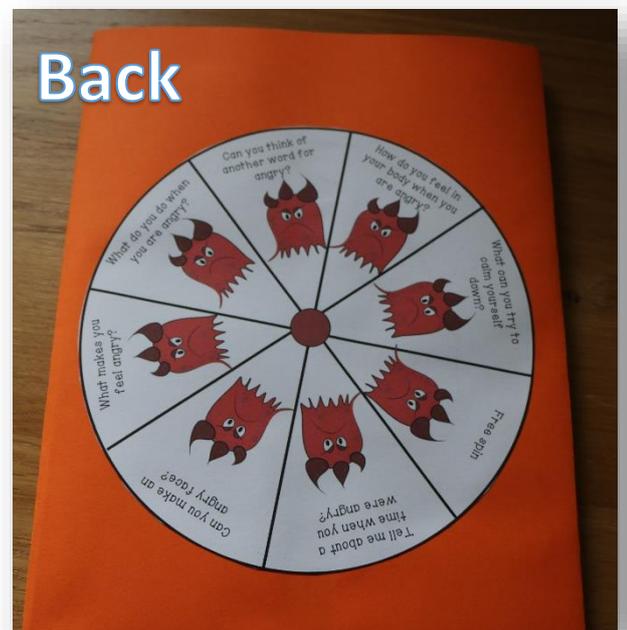
Measure 12.5 cm on the right hand side of the sheet of card and make a fold.

You can add a bit of sticky Velcro to fasten the front covers at the front but it isn't necessary.

That is it! Your lapbook is ready to fill with lots of wonderful activities. See the photos for guidance on where to stick everything.



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