



Web Site - Anger	Logo
<p>Parents With Confidence https://parentswithconfidence.com/anger-management-activities-kids/ Through 'Parents With Confidence' discover 7 quick and easy anger management activities for kids from a child therapist you can do with no preparation that help build healthy coping skills.</p>	
<p>Young Minds: https://youngminds.org.uk/ We are here to make sure young people get the best possible mental health support and have the resilience to overcome life's difficulties. Read our guide for parents on how to respond if your child has angry behaviour.</p>	
<p>Very Well Family https://www.verywellfamily.com/ Frustration and anger can quickly turn into defiance, disrespect, aggression, and temper tantrums if your child doesn't know how to deal with his emotions. If your child has trouble taming her temper, these five strategies can teach her anger management skills.</p>	

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<p>Coping Skills for Kids https://copingskillsforkids.com/managing-anger Child-friendly coping skills used to help manage anger, including safe ways to express anger, books to read and videos that can help. This is a collection of the best tools and tips to teach children how to manage their anger in safe and healthy ways.</p>	
<p>The School Run https://www.theschoolrun.com/anger-management-for-children Is your child's temper affecting their learning, friendship and family life? Anger management strategies could help them get their emotions under control.</p>	 <p>Support your child's learning journey</p>
<p>NHS https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-anxious-child/ Anger is a normal and useful emotion. It can tell children when things are not fair or right. But anger can become a problem if a child's angry behaviour becomes out of control or aggressive. This page includes useful advice and links.</p>	

Apps to download	Image
<p>Daniel Tiger's Grrr-ific Feelings Using songs, games, hands-on activities and more, Daniel Tiger will give your child the tools to identify feelings and strategies to deal with them. The app is designed for children from ages 2-5.</p>	
<p>Bouncy the People Trainer Bouncy is an animated and dynamic three-legged friend who can teach your young child how to use strength, humour, and resilience to overcome life's challenges. It's a great app to start with when first introducing your little one to strategies to help them learn to control emotions.</p>	
<p>Breathe, Think, Do with Sesame This is a set of five activities to help children with the basics of self-control, such as calming, planning, and problem-solving. The app stars a lovable monster who needs all the help he can get. Children learn they can calm down by tapping the monster friend, make plans by popping his bubbles, and more.</p>	

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<p>Wisdom-Kingdom of Anger This app helps kids learn to manage and cope with strong feelings of anger. It teaches them how to recognize angry facial expressions, learning words and phrases to describe anger, learning effective nonverbal communication strategies, and finally managing anger in real life.</p>	
<p>The Zones of Regulation The Zones of Regulation uses visual structure and cues to help older children learn to identify and regulate their feelings. The app helps them to become more mindful of their feelings, noticing what "zone" they are currently in, and offers concrete strategies to change that zone when needed.</p>	
<p>Mindful Powers Children from ages 7-10 can learn mindfulness strategies with this app. It uses "mindful play" and "focus time" to help kids learn to know what's going on inside themselves.</p>	