

BLOOM

50

Things to Say, Think and Do with Anxious, Angry, and Over-the-Top Kids



CHAPTER 4

Aggression Alley

WHAT TO SAY

SAY

We often want things we cannot have.

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SAY

Waiting is one of the hardest things to do.

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SAY

Maybe, you can cross your arms in front of your body or put your hands in your pockets to keep yourself from hitting.

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SAY

Can we find the words to say, 'May I please have that back?'

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SAY

If your body wants to hit or push, it's time to choose a new solution.

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SAY

Maybe, you can fill your hands by holding your blanket or your stuffed animal.

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SAY

You don't like it when someone has the toy you want to play with.

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SAY

I see your body is tense, maybe you feel frustrated, afraid or angry.

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SAY

Let's make a list of other things we can do like breathe, ask your teacher for help, or tell the other child, Please walk away I am busy.

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WHAT TO SAY

SAY

What are some things we can do with our hands to keep them from hitting?

SAY

If you feel like hitting, take a step back and go ask an adult for help.

SAY

Anger and fear are **BIG** feelings, but I can help you learn to handle them!

SAY

Your anger feels really heavy right now, how about if I hold it for a while?

SAY

I can help you manage your feelings by talking about them with you.

SAY

Nobody likes to be told 'no', but we can learn to accept it, even if we don't like it.

SAY

SAY

SAY

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WHAT TO THINK

THINK

In our family we can experience a range of feelings, what we do with those feelings is what counts.

THINK

I am going to manage this head-on. All of my child's feelings are okay. My job is to help him manage them.

THINK

How I respond will determine the skills my child learns over time.

THINK

My child is simply saying, "I need your help."

THINK

Together, my child and I will work this out.

THINK

One moment at a time, my child will develop better coping skills.

THINK

I am doing my very best and growing as a parent every day.

THINK

The skills I teach my child, will make me a better person as well.

THINK

I am going to remain calm and show my child that he can stay calm as well.

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WHAT TO DO

DO

Focus on the good, "I see you thinking about what you do with your hands more now that we talked about how hitting hurts."

DO

Help your child see himself-as thoughtful, "You are kind and thoughtful."

DO

Empathize with your child's experience. "I can see that this is really hard for you."

DO

Validating your children's feelings is the best way to teach kids to be caring as they grow.

DO

Remember validation is saying, "I hear you and I understand you." You can understand your child's behavior without agreeing that it's okay.

DO

Provide hope by sending the message, hard feelings get easier to manage as you learn new skills. Model for your child how to say, "I'm sorry."

DO

DO

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