

# Helping children learn to manage anger

## Other resources

The following resources have been compiled for parents, carers and school staff who may be seeking further information about children and anger. A range of resources have been included but the list is not exhaustive. Since materials have been selected to represent differing perspectives, inclusion of a particular item on the list should not be taken as endorsement by KidsMatter.

<b>General information</b>	<p><b>Children, Youth and Women’s Health Service</b> provides information for parents and carers on a large variety of child health and development topics. For material for parents and carers on helping children manage anger see: <a href="http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&amp;np=141&amp;id=2517">www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&amp;np=141&amp;id=2517</a></p> <p><b>Kids’ Health</b> by the Children, Youth and Women’s Health Service provides high quality information for kids on a wide range of issues that have been identified by children as important. It is also a great resource for parents and carers to use with their kids and to gain insight into topics that are important to children. Information on anger is available from: <a href="http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=287&amp;id=1728">www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=287&amp;id=1728</a> <a href="http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=287&amp;id=1505">www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=287&amp;id=1505</a></p>
<b>Information specifically for parents and carers</b>	<p><b>Raising Children Network</b> This national website aimed at helping families care for children has a concise and clearly written article on talking through angry feelings with children. Available from: <a href="http://raisingchildren.net.au/articles/talking_through_angry_feelings_pbs.html">http://raisingchildren.net.au/articles/talking_through_angry_feelings_pbs.html</a></p> <p><b>Mark Le Messurier</b> is an Australian teacher and author. His website provides valuable information on children’s anger, including a 6 step process parents and carers can use to help their child with anger management. Available from: <a href="http://www.marklemessurier.com.au/main/articles/acwp.shtml">www.marklemessurier.com.au/main/articles/acwp.shtml</a></p>
<b>Books for parents and carers</b>	<p><b>Angry children, worried parents: Seven steps to help families manage anger.</b> This book provides a step-by-step anger management process parents and carers can use with children aged 4 to 14. By S. Goldstein, R. Brooks, &amp; S. K. Weiss. (2004). North Branch, MN: Specialty Press Inc. Valuable information is also provided on the following website: <a href="http://www.schwablearning.org/print_resources.asp?type=article&amp;r=836%20">www.schwablearning.org/print_resources.asp?type=article&amp;r=836%20</a></p> <p><b>Helping your angry child: A workbook for you and your family.</b> This workbook teaches parents and carers skills to help their children deal with anger and includes numerous games and activities that can be used with children. By D. G. Nemeth, K. D. Ray, &amp; M. M. Schexnayder. (2003). Oaklands, CA: New Harbinger Publications.</p>

<h2>Resources for school staff</h2>	<p><b>The KidsMatter Programs Guide</b> provides information on school based social and emotional learning programs. Each program provides detailed teacher resources for use in the classroom. Many programs provide information for parents and carers as well.</p> <p><b>Marion, M. (1997).</b> <i>Helping young children deal with anger.</i> ERIC Digest. Available from: <a href="http://ceep.crc.uiuc.edu/eearchive/digests/1997/marion97.pdf">http://ceep.crc.uiuc.edu/eearchive/digests/1997/marion97.pdf</a> This article provides valuable information aimed at helping teaching staff understand children's anger and manage it in the classroom.</p> <p><b>SA Department of Education and Children's Services</b> and Adelaide South Behaviour Support Services, created <i>Taming Anger</i>, a resource book for teaching staff that provides anger management activities and strategies school staff can use with students. It is available from: <a href="http://www.decs.sa.gov.au/speced2/files/links/taming_anger.pdf">www.decs.sa.gov.au/speced2/files/links/taming_anger.pdf</a></p> <p><b>Anger management: A practical guide for teachers, parents and carers.</b> This book outlines whole-school, classroom and individual level strategies for anger management. It also has a section for parents and carers. <i>By A. Faupel, E. Herrick, &amp; P. Sharp. (1998). London, UK: David Fulton Publishers.</i></p> <p><b>Rogers, B. (2001).</b> Angry and aggressive children. <i>Classroom, 21 (7) 22-23.</i> This concise article outlines constructive ways that teaching staff can manage children's anger in the classroom. Articles in <i>Classroom</i> magazine can be freely accessed through libraries that subscribe to the Australian Education Index database. They are also available to the public for purchase through EdResearchOnline: <a href="http://www.acer.edu.au/library/edresearch.html">www.acer.edu.au/library/edresearch.html</a></p>
<h2>Resources for use with children</h2>	<p><b>Embrace the Future</b> provides quality information on a range of social and emotional skills in primary school aged children for parents, carers and teaching staff. Information and games suitable for children on the topic of anger is available on the kids' site: <a href="http://www.embracethefuture.org.au/kids/index.htm?feelings2.asp">www.embracethefuture.org.au/kids/index.htm?feelings2.asp</a></p> <p><b>When I'm feeling angry.</b> Written by an Australian Psychologist, this book is ideal for use with younger primary aged children. <i>By T. Moroney. (2005). Rowville, VIC: Five Mile Press.</i></p> <p><b>I feel angry.</b> This book is one of a set of picture books aimed at children 5 – 8 years that examine childhood emotions. <i>By B. Moses, &amp; M. Gordon. (2001). London, UK: Hodder &amp; Stoughton Childrens.</i></p> <p><b>A volcano in my tummy: Helping children to handle anger.</b> This workbook is designed to help children aged 6 to 13 to deal constructively with anger. <i>By E. Whitehouse, &amp; W. Pudney. (1996). BC, Canada: New Society Publishers.</i></p>

This resource is part of the KidsMatter Primary initiative. The team at KidsMatter welcomes your feedback at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)