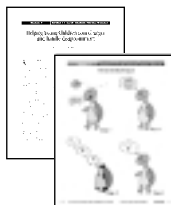


VI. Controlling Anger and Impulse

(30 minutes)

44

45



(Handouts 2.6 & 2.7)

A. Recognizing Anger in Self and Others

1. Show **Slide 44**. Describe how aggression and inadequate impulse control are perhaps the most potent obstacles to effective problem solving and successful relationships in childhood.
2. Aggressive children are more likely to experience peer rejection and continued social problems for years afterwards.
3. Evidence also suggests that aggressive children are more likely to misinterpret another peer's or person's intentions as hostile or threatening.
4. Therefore, it is important to teach young children effective ways to control their anger and impulse in conflict situations.

B. The “Turtle Technique”

1. Provide **Handout 2.6** (Helping Young Children Control Anger and Handle Disappointment) and **Handout 2.7** (“The Turtle Technique”).
2. Show **Slide 45**. Describe how to teach children to recognize anger in themselves.
 - a. Ask participants how they feel physically when they are upset or angry.
 - b. Point out that children feel anger in different ways—just as we do. It is important to talk about and help children understand the physical sensations of anger that they feel.