



TOOLS YOU CAN USE

One-Minute Resilience Building Interventions

ANGER

Warning Sign

Directions:

Ask the child to create a warning sign as if others would be able to see it when they are angry. Ask the child what usually happens when they get angry? What happens in their body when they get angry? What does it usually take for the anger to go away?

Reframing:

When we are angry, we don't always act like ourselves, and we may say or do things we don't mean. We cannot always warn others when this is coming, and we can't take out our anger on others. Let's figure out what your warning signs are for when you are angry and some ways to prevent you from acting out your anger. Everyone gets angry, and that is OK, but it is not okay to hurt ourselves or others when we are angry. Brainstorm with the child different ideas they have for when they start to recognize their anger warning signs.

Create your warning sign:

