

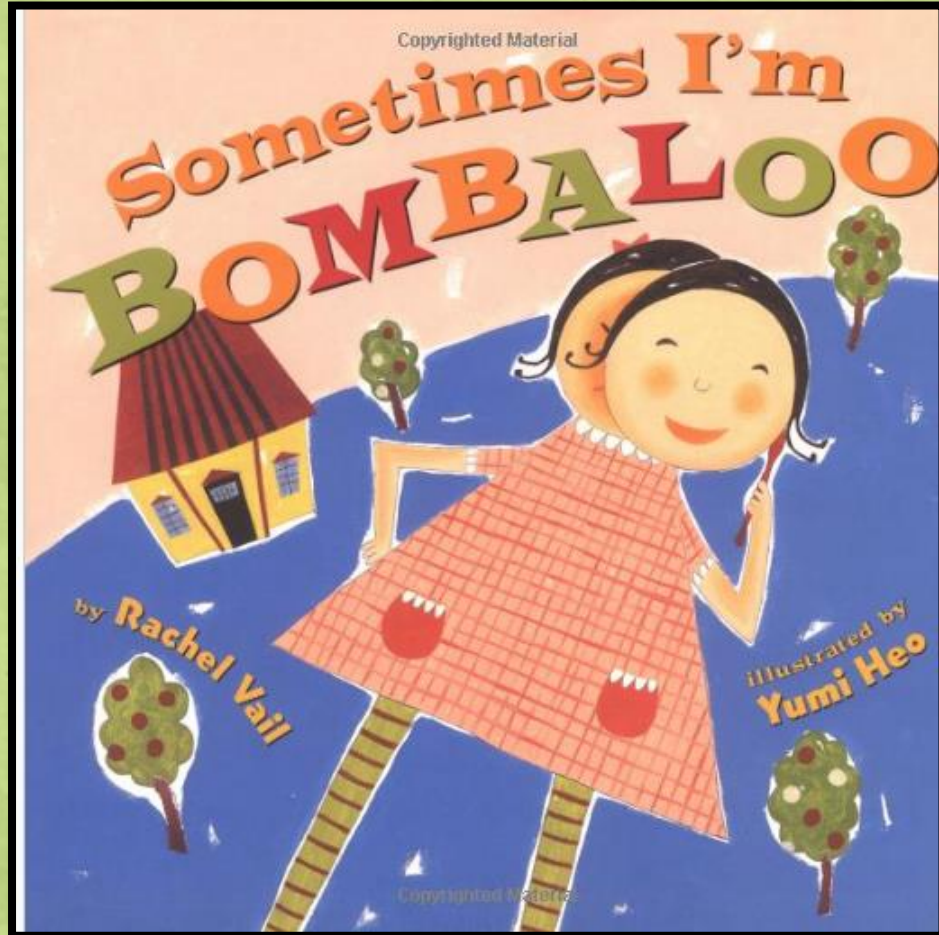
Let out your *Grrr...*



And keep your **COOL**



# Are you *Bombaloo*?



Source: <https://www.amazon.com>

Do you sometimes feel that you use your fists and your feet when you are angry and you lose your temper?

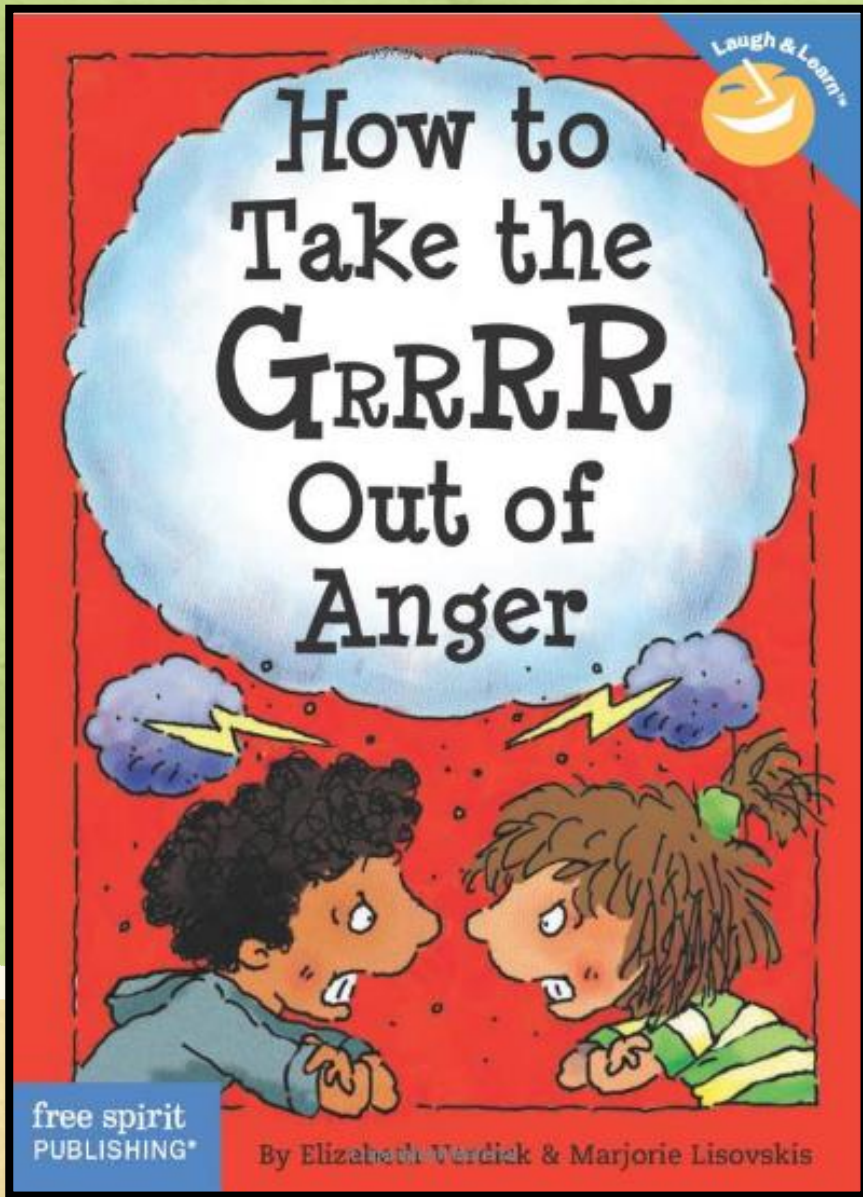
*Yikes!* You are no longer yourself.

Have you become ***BOMBALOO***?

You may be scared and confused by your angry feelings.

Fret not, taking a time-out and learning more about your feelings can help you to calm down and be yourself again.

Have a go at the book, ***Sometimes I'm Bombaloo*** and read on for more strategies.



Source: <https://www.amazon.com>

By Elizabeth Verdick and Marjorie Lisovskis



# How to take the *Grrrr* out of your anger?

## Chapter 1

# How It Feels to Be Angry

How do you know when you're angry? Some kids describe the feeling like this:

"It feels like my stomach is tied up in knots."

"Everything inside me is jumpy, like it has to get out!"

"It's like my heart is beating out of control."

"I feel so mad that my head could explode."

"I want to take it out on somebody."

"I just get so TENSE!"

"I want the world to get away from me."

"My hands start to shake."

"I just want to break something."

If you were to make a sound while angry, it would probably be a **grrrowl**.

Do you feel angry a lot of the time? What if you had a special thermometer that could read your anger level all day long? How high would the level go? How often would it reach the hot zones?

## THE RAGE GAUGE



Maybe you don't get angry very often. That's great! But you still might want to figure out ways to deal with anger when it happens. Check out pages 32-45, "Five Steps to Taming That Temper."

Source: <https://www.amazon.com>

By Elizabeth Verdick and Marjorie Lisovskis

# Taming your Temper

Take note of your anger buttons i.e. what makes you angry?

Make a list of them.

The next time your anger buttons are pushed:

- **PAUSE**
- **Be still**
- **Belly – breathe**
  - Inhale through your nose; hold... and exhale through your mouth. *Whoosh...*
- **Take a time-out: Walk away from the anger triggers**
- **Cool yourself down: Get a splash of cool water on your face or get a drink.**

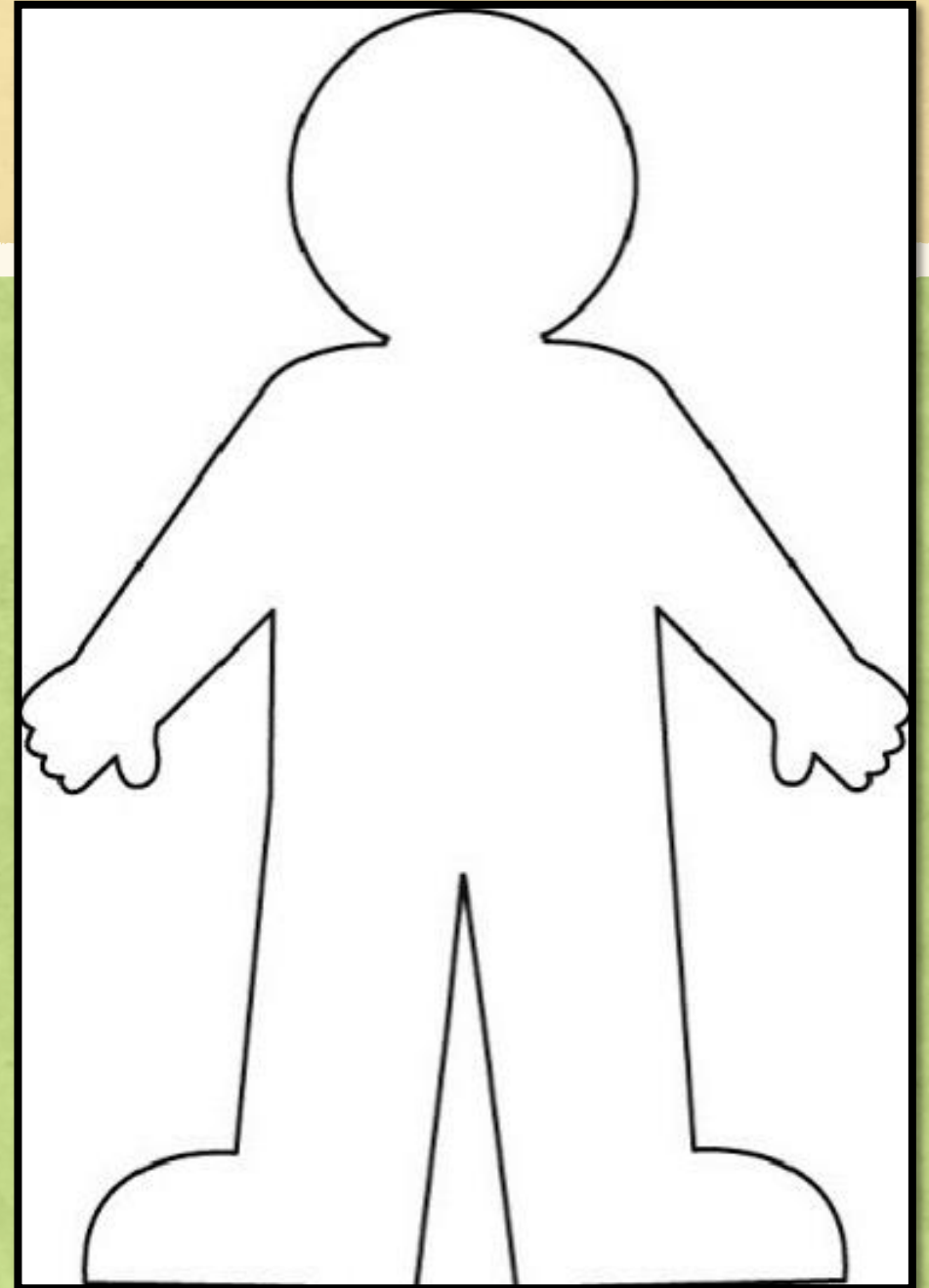


# Taming your Temper

Take note of the anger warning signs in your body. E.g.:

- You are feeling hotter
- You are clenching your fists
- Your head starts to hurt
- You can't think well
- You are about to shout or cry, etc.

Before your anger erupts and explodes like a volcano, take a time-out and cool down.



# Taming your Temper

Talk to a trusted adult about your anger buttons; feeling angry and losing your temper. E.g. your parents, teachers, school counsellor, etc.



*When you're angry and you know it,*

***Talk it out** \* (x2)*

*When you're angry and you know it and you really want to show it*

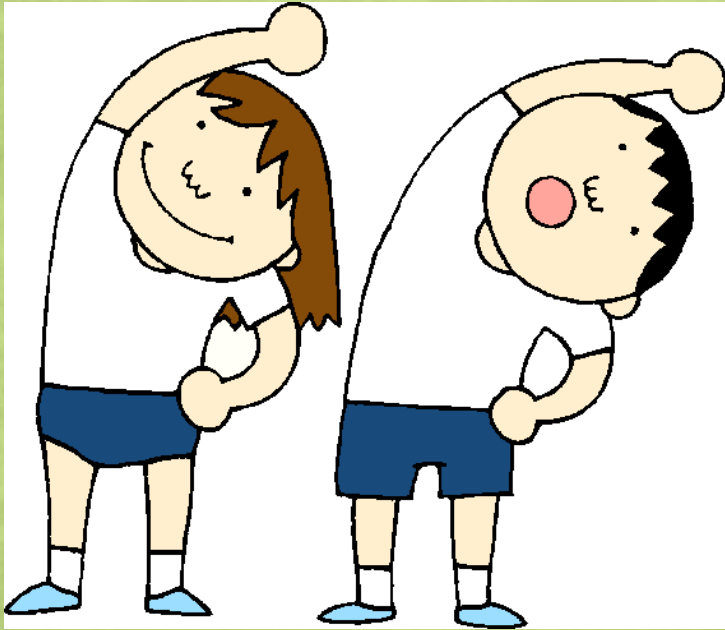
*When you're angry and you know it, **talk it out.***

*\*Replace with "cool it down" & "work it out".*

*Sung to the tune of If you are happy and you know it, clap your hands*

# Taming your Temper

Check out the relaxation exercises...



## Relaxation Script for Younger Children

### **Hands & Arms**

Pretend you are squeezing a whole lemon in your left hand. Squeeze it hard. Try to squeeze all the juice out. Feel the tightness in your hand and arm as you squeeze. Now drop the lemon and relax. See how much better your hand and arm feel when they are relaxed. Repeat with other hand.

### **Arms and Shoulders**

Pretend you are a furry, lazy cat. You want to stretch. Stretch your arms out in front of you. Raise them up high over your head. Way back. Feel the pull in your shoulders. Stretch higher. Now just let your arms drop back to your side. Okay kitten, stretch again. Repeat.

### **Shoulder and Neck**

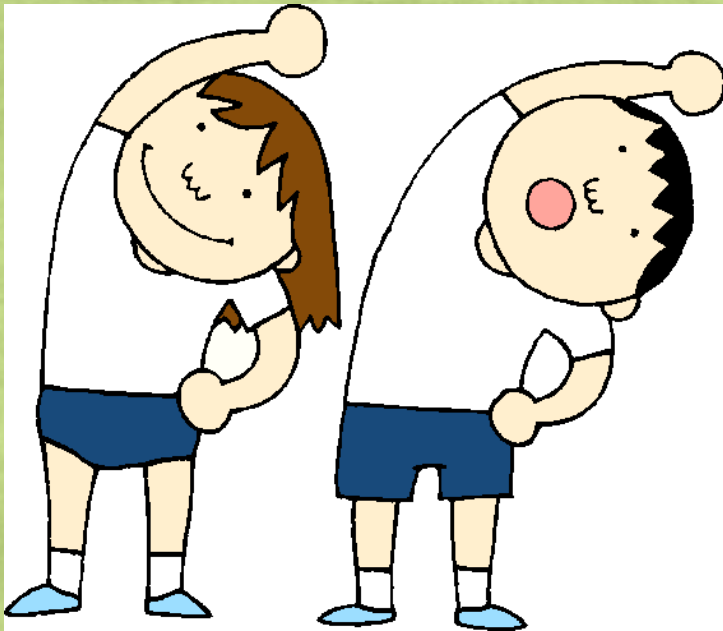
Now pretend you are a turtle. You're sitting out on a rock by a nice, peaceful pond, just relaxing in the warm sun. It feels nice and warm and safe here. Oh-Oh! You sense danger. Pull your head into your house. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold in tight. It isn't easy to be a turtle in a shell. The danger is past now. You can come out into the warm sunshine and once again you can relax and feel the warm sunshine. Watch out now. More danger. Hurry pull your head back into your house and hold it tight. Repeat.

Reference: Carkhuff, R.R. Helping and human relations, Vol. 1, New York: Holt, Rinehart & Winston, 1969.



# Taming your Temper

Check out the relaxation exercises...



## **Jaw**

You have a giant jawbreaker bubble gum in your mouth. It's very hard to chew. Bite down on it. Hard! Let your neck muscles help you. Now relax. Just let your jaw hang loose. Notice how good it feels just to let your jaw drop. Okay, let's tackle that jawbreaker again now. Repeat.

## **Face and Nose**

Here comes a pesky old fly. He has landed on your nose. Try to get him off without using your hands. That's right, wrinkle up your nose. Make as many wrinkles in your nose as you can. Scrunch your nose up real hard. Good. You've chased him away. Now you can relax your nose. Oops here he comes back again. Repeat.

## **Stomach**

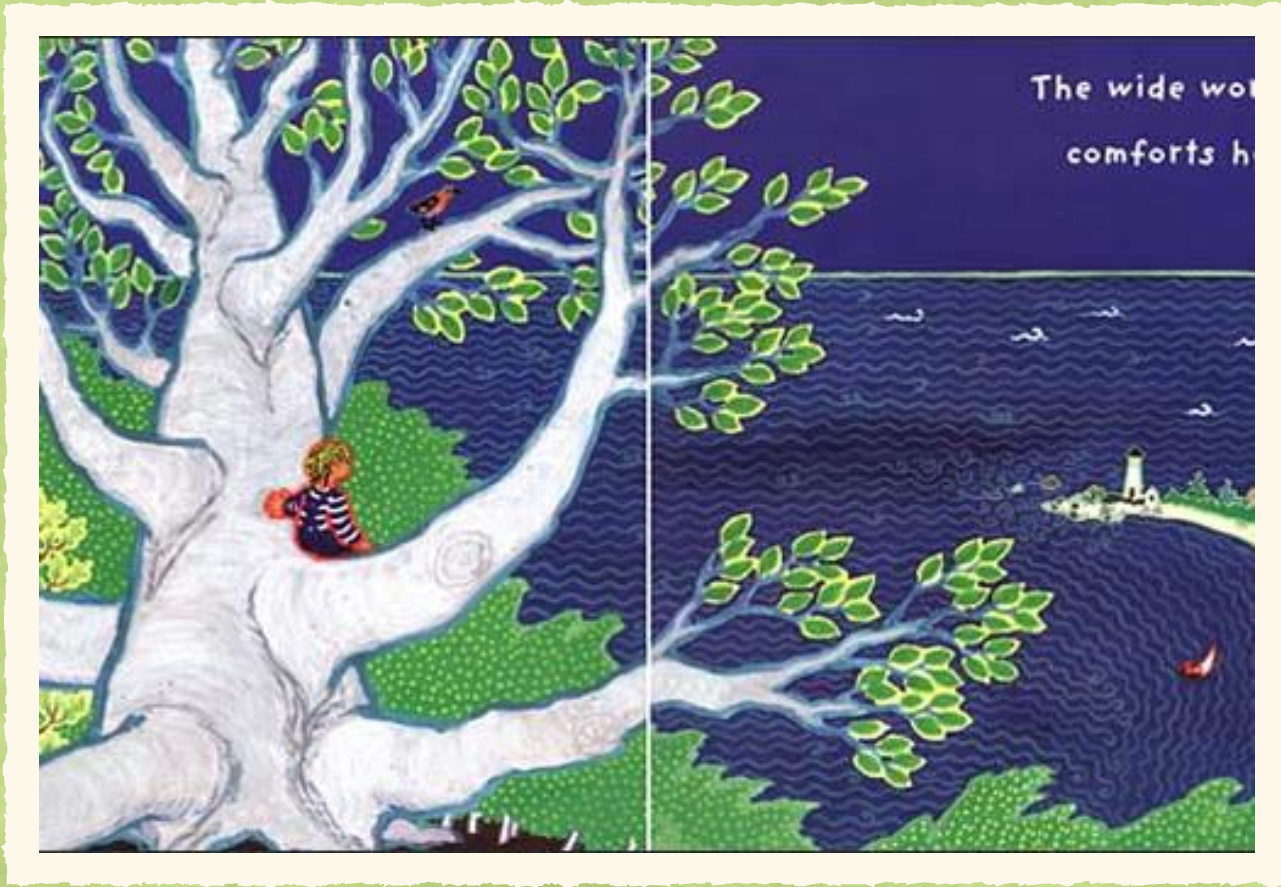
Hey! Here comes a cute baby elephant. But he's not watching where he's going. He doesn't see you lying there in the grass, and he's about to step on your stomach. Don't move. You don't have time to get out of the way. Just get ready for him. Make your stomach very hard. Tighten up your stomach muscles real tight. Hold it. It looks like he is going the other way. You can relax now. Let your stomach go soft. Let it be as relaxed as you can. That feels so much better. Oops, he's coming this way again. Get ready. Repeat.

## **Legs and Feet**

Now pretend that you are standing barefoot in a big, fat mud puddle. Squish your toes down deep in to the mud. Try to get your feet down to the bottom of the mud puddle. Push down, spread your toes apart, and feel the mud squish up between your toes. Now step out of the mud puddle. Relax your feet. Let your toes go loose and feel how nice that is. It feels good to be relaxed. Repeat...

References: Carkhuff, R.R. Helping and human relations, Vol. 1, New York: Holt, Rinehart & Winston, 1969.

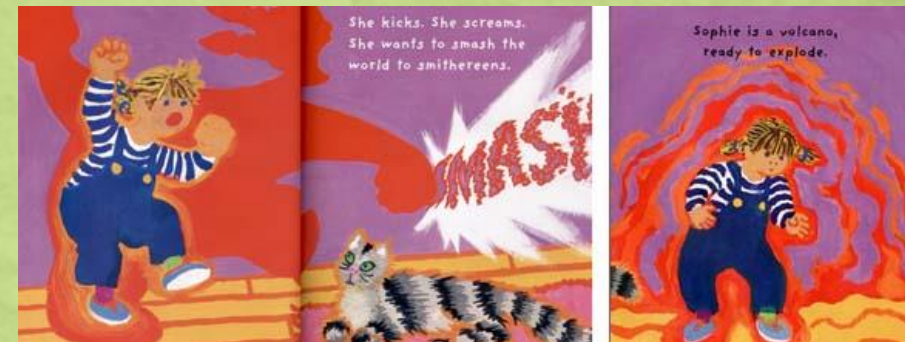
# Taming your Temper



Here's another good read:

*When Sophie gets angry, really, really angry* by Molly Bang (below)

Read about how Sophie took a time-out from her anger. She sits on a tree, enjoying the breeze and taking in the scene of the calm, blue sea, finally feeling cool and composed.



Source: <http://www.the-best-childrens-books.org/>