

## **Resources and Ideas for Dealing with Anger/Emotional Regulation**

<http://ibelieveeducation.com/anger-101/>

<https://www.youtube.com/watch?v=vodRcls6YUM> – listen to the 'Angry Octopus' book being read. Also available from Amazon.

**The games and activities in the following link would be good for general emotional regulation as you can substitute anger for worry/sad etc... in most cases:**

<http://www.kimscounselingcorner.com/anger-management-2/50-activities-and-games-dealing-with-anger> - 50 activities to support children with anger

### **BOOKS**

Sunderland and Armstrong( 2003) Helping Children Locked in Rage or Hate: A Guidebook

Whitehouse and Pudney (1998) Volcano in My Tummy: Helping Children to Handle Anger: A Resource Book for Parents, Caregivers and TeachersPaperback