

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