



Porty's Power of Positive Thinking

An informative communication between home and the school community

PRINCIPAL: Mrs Jo Northey

Edition #17 June, 2017

Port Curtis Road State School acknowledges the traditional Dharumbal people on whose land it stands. Our School Rules and Acceptable Behaviour



- Be Safe
- Be Responsible
- Be Respectful
- Respect for Ourselves
- Respect for Others
- Respect for Learning
- Be a Learner



Core Priorities:

Curriculum

Pedagogy (Teaching)

Wellbeing

VALUE:

Every child matters every day!

Acknowledgements *KidsMatter

*<http://www.ahaparenting.com/parenting-tools/emotional-intelligence/angry-child>

WELCOME to Porty's Power of Positive Thinking, Edition #17

Anger— A fight or Flight Response

As of late, a few behaviours have taken precedence over our core work of Curriculum, Pedagogy (Teaching) and Wellbeing. This is due to students quickly escalating into an angry response when faced with challenges.

Anger is the natural emotion created in a fight or flight response. Fight being that you stay and fight in a challenging situation, or flight being that you walk away.



Emotions like anger are natural and real.

Through our wellbeing initiatives, we are working with students to help them understand anger and provide strategies when faced with challenges.

What can you do at home to help kids manage their anger?

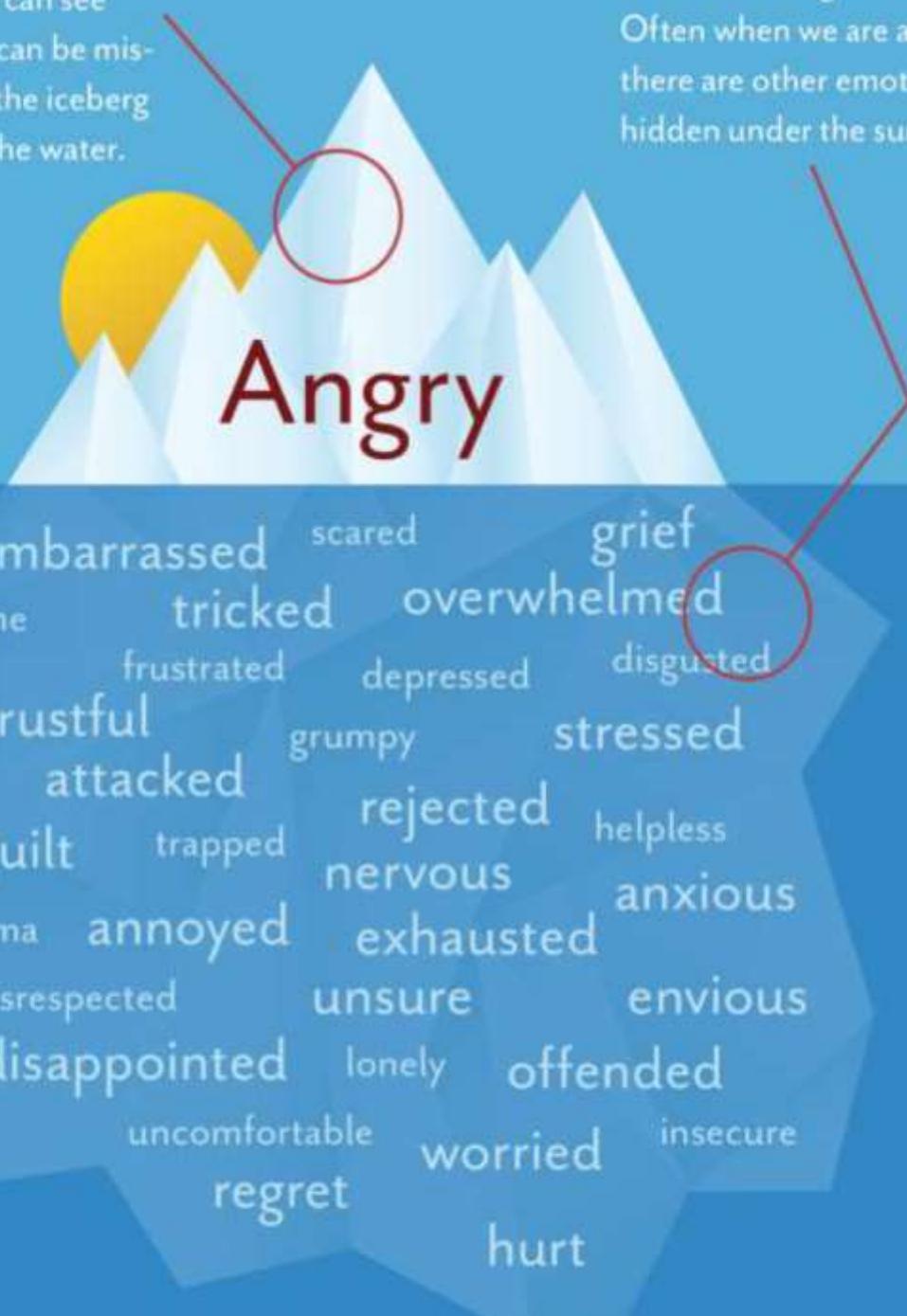
1. **Start with yourself**—Stay calm! Children learn how to deal with challenges and set-backs from watching others. Your calm presence, even when he/she is mad will help them to feel safe.
2. **De-Escalate**—Restore calm, because kids can only learn and understand how to 'do better' when they're calm.
3. **Remember that all feelings are allowed**—Only actions need to be limited. When children try to hide their emotions, they are no longer consciously controlling them. They will pop out unregulated. If emotions are allowed, the child will accept them given him/her control over the feeling.
4. **Give your child ways to manage their angry impulses in the moment**—Your child needs to know that you understand how upset they are and why. You can help them to redirect their rage. Make a list of constructive ways to handle emotion and place it somewhere easy to see. Examples could include music, dance, writing, running, breathing etc. Let them do the writing or add pictures. Model using it yourself when you are mad.
5. **Help your child be aware of 'warning signs'**—If you can help your child to notice when they are getting angry, or know what triggers them, you can support them to calm themselves, resulting in fewer outbursts
6. **Set Limits on Aggression**—Allowing feelings does not mean that we allow destructive actions. Kids should never be allowed to hit others.
7. **Restore connection**—Your child needs to know that you understand and are there to help. If you know what is going on, acknowledge it. If you don't say what you see: "You are getting angry, I can see you are upset" Give the child permission to feel the emotion.
8. **Take preventative measures to help your child work through emotions**—Respond with empathy and respect, spend quality time with each child, use routines, accept all emotions, give control over choices where possible, make sure child gets a daily chance to laugh with you.



Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



Angry

embarrassed scared grief
shame tricked overwhelmed
frustrated depressed disgusted
distrustful grumpy stressed
attacked rejected helpless
guilt trapped nervous anxious
trauma annoyed exhausted
disrespected unsure envious
disappointed lonely offended
uncomfortable worried insecure
regret hurt

The Gottman Institute