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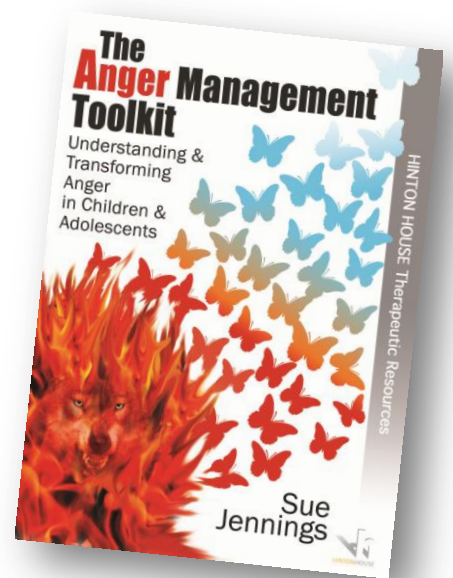
The Anger Management Toolkit  
Understanding & Transforming Anger in Children  
& Adolescents

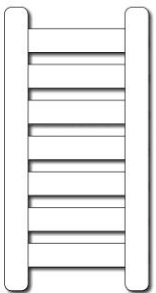


Sue Jennings

Young people often express themselves through anger, in sudden outbursts with little pause for thought and out of proportion to the trigger.

This innovative toolkit suggests alternative responses and ways of understanding the underlying causes of the anger, as well as tried and tested techniques that can be adapted for individuals or groups.

Using age-appropriate stories, role-play and puppetry, the theme of the wolf is used to help youngsters understand their feelings and respond more appropriately. Wolves have many facets: they can be very angry but also very nurturing; they can be lonely as well as protective of their families.



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|---|---|--|
| <p><b>What I want to achieve on this course</b></p>  <ol style="list-style-type: none"> <li>At the top of the ladder write down your personal goal to achieve by the end of the course of 7 sessions.</li> <li>Write on the bottom rung what you think you achieved today.</li> <li>Write down here what you think the most difficult task will be during the course.</li> </ol> <p><small>This page may be photocopied for instructional use only. © The Anger Management Toolkit, Sue Jennings, 2011</small></p> | <p><b>Homework things to think about</b></p> <ol style="list-style-type: none"> <li>Think about why you are coming to this group and what you would like to achieve.</li> <li>Ask other people to say when they feel you have changed your behaviour, even if it is a small step.</li> <li>Think about other angry people in your life that it is easy to copy with realising it.</li> <li>If you prefer to draw a picture, draw someone copying someone else being angry.</li> </ol> <p>Bring any thoughts to the group next time. If you prefer, draw a large wolf picture.</p> <p><small>This page may be photocopied for instructional use only. © The Anger Management Toolkit, Sue Jennings, 2011</small></p> | <p><b>WolfWork 18</b></p>  <p>Colour the Wolf Picture and think about the theme of bullying or intimidation.</p>  <p>Write or draw your answers.</p> <ol style="list-style-type: none"> <li>Why is this wolf being bullied?</li> <li>Can the larger wolf stand up for itself?</li> <li>Will other wolves come to help?</li> </ol> <p><small>This page may be photocopied for instructional use only. © The Anger Management Toolkit, Sue Jennings, 2011</small></p> |
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Photocopiable resources, including communication activities, worksheets, drawings, self-questionnaires, puppetry and role play with costume and masks will help youth workers, teachers, therapists and parents working with young people to explore, express, understand and transform their anger in more appropriate ways.

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