

Don't Be an ANGRY BIRD

Lessons on Anger Management for Kids

Song: Did You Think to Pray? - Hymns #140

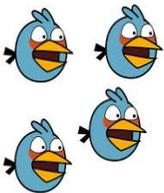
Introduction - After shooting angry birds at stinky pigs, you may have seen connections between the Angry Bird game and your own little angry "chicks". Anger is a *big* emotion to control and children need help finding appropriate ways to express it.

What makes us angry?



The pigs. They stole the eggs and made the birds angry. What triggers your anger? Once you are familiar with your anger triggers, you can work on creating plans to avoid becoming an angry bird and choosing ahead of time the cool-down strategies they will use.

Why do we need to control our anger?



When we feel angry that doesn't mean that we are bad, but we need to be aware of our actions. We are like the little blue birds, if we get set off our actions affect more than just ourselves. They affect those around us as well. For example: If a child gets angry that her brother is playing with her toy. She snatches the toy, making him mad. So he hits his sister. Mother walks in, and is frustrated with the situation. Each person's actions affected the others.

Let's discuss the angry birds we sometimes find in our home -



angry eyes

The eyebrows say it all... this bird has the meanest glare in town! It is the perfect bird to model inappropriate facial expressions. We need to always be careful to make kind faces to one another and contain those big emotions when we start to feel angry.



cutting words

Just like this bird cuts through wood in the game, our mean words can cut through people's hearts. "Sticks and stones will break my bones, but words will never hurt me" is not true. We should speak to others the way we would want to be spoken to... tone of voice included. Yelling and screaming might not cut through my heart, but it definitely cuts through our ears!



throwing objects

Keep objects to yourself...throwing toys (or in the bird's case- bombs) is not an appropriate way of expressing your anger! Not only can you hurt somebody else physically- you are not showing respect to your property.



body out of control

Sometimes anger can build and build inside of us until we just EXPLODE...just like the bomb bird. It is also known as the kicking, pounding on the floor, wailing, gnashing of teeth behavior that we refer to as a tantrum. Our kids need to learn that when they are angry, it is inappropriate to let their body explode.



This bird is big, tough, and picks on pigs smaller than him. Sometimes a children may think it is OK to take out their frustration on others. This behavior IS NOT ACCEPTABLE. If your child is being a bully bird: acknowledge the problem, be a hands-on parent, decrease violence at home, teach positive behaviors, and seek professional help if needed.

How can we appropriately deal with our anger?



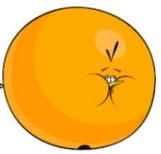
How will you direct that energy that builds when you're angry? After you feel anger building up inside you, YOU ultimately are the one who decides your actions. You can catapult yourself at your antagonists (aka pigs) or you can redirect that energy into something else: going outside, doing jumping jacks, going on a walk etc. Learning to point your slingshot at something less destructive and harmful will help you socially cope with your anger.



Warm your heart and forgive! Whether it stems from feelings of inadequacy or simply holding a grudge- anger can exist and chill a person's heart- stopping them from forgiving others including themselves. And forgiveness is a great way to free yourself from anger, keep a friend, and just be happier. Feelings of anger don't have to be frozen inside. Everyone should feel comfortable talking with others about how they feel. Suppressing anger can lead to feelings of low self-worth and depression. Feeling angry is "normal", but love can melt away anger fast.



We go to the BIRDS NEST (aka bedroom or quiet place) until our body feels calm. There's nothing wrong with taking a few minutes to yourself until you are able to better handle a situation.



Breathe, breathe, breathe! Deep breathing will deliver oxygen to our heart, brain, and the rest of our body. It will relax our bodies so we in turn can relax our mood. To illustrate this technique- have your child take long, deep breaths to fill their lungs up like the orange balloon bird. Then slowly breath out the air, and repeat as needed. We call this the BALLOON BIRD BREATHING.



STOP and THINK. Think about the other person's feelings and the consequences of inappropriately expressing your anger. Just like the boomerang bird our choices will come back and affect us. For example, if you choose to say mean things when you are angry, your friends might not want to play with you again. You need to understand that there are consequences for your behavior.

What happens if the little angry bird can't cool down on their own?



The mighty Mommy (or Daddy) Eagle swoops down, picks up the little angry bird, and puts them in the piggy tower for a time out! We don't want to get to this stage so let's try to work on the other techniques first!



Closing Song: Love at Home - Hymns #294

Activity: Angry Birds! Play on a phone, tablet, computer, or make one yourself! – <http://bit.ly/JmEgmy>

Treats: Dirt cups – the not-so-angry birds get the worms :)

This lesson was adapted from ideas by The Home Teacher - <http://thehometeacher.blogspot.com/>