

# The Anger Box™

## ADDRESSING THE NEEDS OF THE ANGRY CHILD

### HELPING THE ANGRY CHILD WITH THE ANGER BOX

AN EMPOWERING TOOL THAT ENABLES CHILDREN TO IDENTIFY AND EXPRESS THEIR FEELINGS IN A SAFE AND PRODUCTIVE WAY.

Some children have yet to master coping skills or anger management techniques. In the classroom the teacher can't "solve their problems", they can however acknowledge their feelings and teach them safe ways to express their anger.

The Anger Box is a classroom proven tool that gives the teacher a method of empowering the child to identify their feelings and give them a socially appropriate way of expressing that emotion.



***“ The Anger Box is an innovative addition to my classroom management program ” – 4<sup>th</sup> Grade Teacher***



- Teaches Self-Monitoring
- Teaches Self Control
- Child Centered
- Developmentally Appropriate
- Empowering
- Acknowledges feelings
- Non-disruptive

The Anger Box contains

- 18 anger management activities to address many different means of expressing feelings.
- Classroom ready guidance lesson – a lesson plan is included so the teacher can use The Anger Box as part of the classroom management plan.
- All activities may be adapted for different age levels; it has been used successfully with kindergarten through grade 5.

Vast array of uses:

- Classroom
- Principals office
- Counselors office
- At Home
- Private Practice
- Doctors office

And many more. . .

Feeling Boxes

Feeling Boxes LLC.

3521 Oak Lawn Ave Suite 101 / Dallas, Texas 75219

(214) 886-1385 / Email: [sarah@feelingboxes.com](mailto:sarah@feelingboxes.com) / [www.feelingboxes.com](http://www.feelingboxes.com)