

# About Session 5: Emotion Coaching your child's anger

## Overview

- ☺ Tense and release: progressive muscle relaxation
- ☺ Home activity review and reflection on the week
- ☺ Understanding your own anger
- ☺ Responding to children's anger
- ☺ Coaching anger (optional)
- ☺ The Anger Spotter and role-play (optional — or for home)
- ☺ Problems around eating (optional)
- ☺ Managing fighting (may be used in Session 5 or 6).

## Home activities

- ☺ Continue to practise the skills of Emotion Coaching. Notice and record situations where you felt angry with your child and your strategies of managing anger.
- ☺ Teach your child the Turtle technique and 'Things to do when you are angry'.
- ☺ Try some of the techniques that help you manage your anger.

