

Causes of children's anger

Angry feelings are different from angry behaviour. Many other emotions underlie angry feelings. Causes of children's anger include:

- frustration with limits
- wanting to be independent
- sibling issues (for example, fairness, rights)
- separateness
- sharing prized possessions
- frustration (for example, at not being able to complete physical tasks)
- not being understood/not feeling heard
- tiredness, hunger, sickness
- loss of control
- being rushed
- being bullied
- embarrassment
- missing out
- feeling jealous
- anxiety and fears
- sadness
- helplessness
- disappointment.

