

PATHS

Home Activity

The Feeling “Angry”

This week in PATHS we learned about the feeling “angry”.

Most children feel angry when they do not get their own way or when they have to follow a rule they do not like. That’s why it’s important for children to learn healthy ways of dealing with anger.



In PATHS, we make a distinction between feelings and behaviours:

- All feelings are OK. There are no bad feelings.
- Behaviours are OK (good) or not OK (bad)

Often we call behaviours “the choices that the children make.” Behaviours and choices may be “OK” or “not OK,” but feelings are always OK!

- **Young children may not be able to tell the difference between feelings and behaviours**, but we can help them understand that it is OK to have uncomfortable feelings (such as anger and sadness) and talk about them.
- It is important for children to know that even uncomfortable feelings are OK to feel. **All people, including children, sometimes feel angry.** If we tell children that their feelings are bad, it is like telling them that they are bad.
- Feeling angry doesn’t mean people can behave any way they want. **Even when they are upset, children still need to follow rules and directions.**



**CROSS/
ANGRY**

Talk to your children about what they have learned. If children are encouraged to talk about their feelings, they will be less likely to get out of control when they are upset. They will be more likely to do what you ask.