

Learning Anger Control

Once upon a time there was a boy who got so angry that he was out of control. When his sister made fun of him he broke her doll. When his mother didn't buy him a toy in the store he ran out of the store into the street. He almost got hurt.

"You need to learn to control your anger," his mother said. "If you don't you may hurt yourself or someone else." The boy said nothing. He was starting to get mad. "There are other ways to express your anger," his mother said. "Like what?" he asked. He was starting to get curious and feeling less mad. "I'll tell you what," his mother said. "Let's both make a list of things you can do when you are angry that won't hurt anyone. When we both finish, I'll take you to the movies." "Okay," said the boy. He wanted to see a movie.

The boy and his mother sat down at the kitchen table and both made lists. They each wrote three things that he could do when the boy got mad, so that he could express his anger and still be safe. His mother's list read: 1. Count to 10. 2. Jump up and down for one minute. 3. Say in one sentence exactly why you are mad. The boy's list read: 1. Draw a picture until you don't feel angry. 2. Hit a pillow. 3. Tell someone you are angry.

They sat at the table and read the ideas aloud together. His mother thought all of the ideas were pretty good. She wrote the two lists on another piece of paper, and gave the paper to her son. She said, "Now, when you are angry, just take out your list and choose a safe way to be angry." The boy thought that idea was a pretty good one, and that is what he did.

Moral: When you are really angry, you may do things that hurt yourself or someone else. You can find safe ways to express your anger.

