

Download How To Be Angry An Assertive Anger Expression Group Guide For Kids And Teens

? Buy on Amazon.com. Do not teach your children never to be angry; teach them how to be angry. –Lyman Abbott. How to Be Angry is a complete social-emotional curriculum that provides step-by-step guidelines for educators, counselors, social workers, youth care professionals, and parents to help small groups of kids develop specific anger management and assertive emotional expression skills. Signe Whitson is an author and educator on bullying, crisis intervention, and child and adolescent emotional and behavioral health. In her articles, books, and training workshops, Signe provides down-to-earth, practical advice for professionals and parents on navigating the daily challenges of living and working with children, tweens and teens. “Passive-aggression” is just that: aggression (i.e., anger) that is passive (i.e., hidden). If children are taught to suppress and deny their feelings, they will seek out ways of getting around that. Now Is the Right Time! As a parent, you play an essential role in your child’s success. There are intentional ways to grow a healthy parent-child relationship and growing your child’s skills to manage anger provides a perfect opportunity.