



Lack of sleep or rest

Too many stimuli from the environment

Conflicts with siblings or peers

Pressure related to the need to hurry

Feeling of unfairness, e.g., during play

Changes in the daily schedule or routine

Learning difficulties

Hunger or physical discomfort



Anger in children often arises as a defensive reaction when they feel threatened or misunderstood. For children, anger can be a way to express their needs and a means of defending themselves against situations that cause them discomfort. By helping them better recognize when this mechanism arises, we teach them to express their emotions and needs in a healthy, constructive way.



Install a Lightning Rod and Weather the Storm of Anger

Everyday life in the city can trigger anger—noise, traffic, and the fast pace of life all affect emotions. Children, from a very young age, have to cope with stimuli that aren't always easy to understand. So how can we help them manage their emotions?



Anger is an emotion that everyone feels – from children to adults. In our illustration, we see an urban setting filled with characters displaying various forms of anger. Everywhere, someone is in a hurry, stuck in traffic, and children are arguing in playgrounds. In such an environment, emotions can erupt at the least expected moments, making it an ideal backdrop for discussing anger with a child.

In the reading "Hey, How Are You Today?" cat Filly and dog Dilly demonstrate that anger can be released – through exercise, conversation, and focusing on positive thoughts. A child who learns to recognize and express emotions gains the ability to cope with them in different situations. It is important to support them in this learning process, explaining that anger is a natural emotion, but it is crucial to release it in a constructive way. Even amidst urban chaos, one must find a moment to pause, breathe, and view the situation from a distance.

Anger Is a Signal, Not a Problem

Anger is an emotion that often signals unmet needs or situations that feel overwhelming. Instead of suppressing anger, it's helpful to teach a child to recognize what triggered it. It could be frustration from rushing, fatigue, or conflicts with peers. Talking about the causes of anger helps children understand themselves and develop communication skills that will help them handle different situations in the future.



1 Naming Anger

Help your child name what they are feeling. Tell them that everyone feels angry sometimes, and talking about it can help them better understand themselves. Ask, "What made you feel angry?" or "What thoughts do you have when you're angry?" Naming emotions helps reduce their intensity and gives the child a sense of control over their feelings.

2 Taking a Break

Encourage your child to step away from the situation that triggered their anger for a moment. This could be a break to take a sip of water, look out the window, or walk around the room. Sometimes a moment of distance allows for cooling down and viewing the situation from a distance, which makes it easier to regain balance and reduce the intensity of emotions.

3 Drawing Anger

Ask your child what their anger would look like if it had a shape or color. Encourage them to draw what they feel. Drawing is a great way to express difficult emotions in a creative and safe manner. After finishing the drawing, you can talk about what is in the picture, helping the child understand and accept their feelings.

4 Counting Backwards

A simple method of counting backwards, such as from 10 to 1, allows the child to focus on something other than their anger. Tell the child that when they feel angry, they can try counting backwards, which will help them calm down and regain control over their emotions. Counting acts as a distraction and helps them gradually settle down.

5 Talking About the Consequences

When the child has calmed down after an outburst of anger, discuss the consequences of their anger. Ask, "How did you feel when you were angry?" and "How did it affect you and others?" Such reflections help the child understand that anger can have consequences and teach them responsibility for their own reactions, which is an important step in self-control.

6 Praktykowanie wdzięczności

Gratitude helps reduce anger by focusing attention on the positive aspects of life. Before bed, ask your child to name three things they were grateful for today. Gratitude lowers anger levels, reminding the child that although they may feel angry at times, there are many things that bring them joy.

How to Understand and Work Through Anger

Anger is a natural emotion that should not be feared. It is important for children to understand that they can feel angry, but there are ways to cope with that anger. Parental support in recognizing and expressing anger will help them develop healthy emotional habits and self-understanding. When a child learns that anger is normal, they gain the confidence to express their feelings, which strengthens their sense of security and ability to handle difficult emotions. This is a skill that benefits relationships with others, helps build healthy bonds, and fosters personal development, preparing them for an adult life full of challenges.

