

CONTENTS

List of figures	vii
Acknowledgments	viii
Preface	ix
Part 1: What do we mean by anger?	1
1 Introduction	2
2 Perspectives on anger	10
3 What does anger do to you?	18
4 What do we do with anger?	25
Part 2: Planning to avoid the storm	33
5 Managing systems	34
6 Managing ourselves	43
7 Managing children and young people	49
Part 3: The fireworks	55
8 Working with angry children	57
9 The explosion	68
10 The aftermath	76
Part 4: Practical applications	85
11 Help for parents and carers	86

Part 5: Appendices	91
Appendix 1: Observation checklist: Primary (5–11)	92
Appendix 2: Observation checklist: Secondary (11–16)	93
Appendix 3: Anger thermometer	94
Appendix 4: Anger log	95
Appendix 5: Anger triggers	96
Appendix 6: What makes me angry?	97
Appendix 7: What do I think?	98
Appendix 8: How do I feel?	100
Appendix 9: Keeping calm	101
Appendix 10: Drawing the feelings in my body	103
Appendix 11: Developing a solution	104
Appendix 12: A solution-focused interview with a young person prone to angry outbursts	107
Appendix 13: The beginnings of change	109
Appendix 14: Effective anger	110
Appendix 15: Tips for parents of toddlers	112
Appendix 16: Tips for parents of primary age children	114
Appendix 17: Tips for parents of teenagers	116
Appendix 18: What children and teachers say about anger	118
Bibliography	124
Index	127