

# Is your child feeling frustrated, cross or angry?

## Do they...?

- Tell you their heart sometimes beats faster
- Get an uncomfortable feeling in their stomach
- Tense their muscles and find it hard to relax
- Have moments of feeling hot or sweaty
- Clench their fists or teeth
- Hit themselves or others
- Get tightness in their chest
- Tremble/shake



It's important that you and your child know these feelings are understandable in the current circumstances and that anger is a normal emotion.

## TOP TIPS

- Give them some time and space to calm down.
- When a child is angry their brain shuts down the part which can listen to reason.
- Reassure them that you understand why they are feeling so frustrated.
- Talk and listen without judgment.
- Explain that when in school, they can talk and get support from an adult.
- Trying [meditation and breathing techniques](#) together.
- [Make a Calming Jar](#) with your child.
- [Use a weighted blanket](#) to help them to calm down.
- Divert their attention: try dancing to music, exercising, baking, colouring, taking a shower or a bath.
- Encourage them to write down how they feel.
- You may also feel worried, so remember to seek help and advice if you need it.

If you need help for your emotional wellbeing and mental health, the NHS Calderdale CCG website offers tips, information and guidance:

<https://www.calderdaleccg.nhs.uk/wellbeing/>

For more tips, information & support go to  
[www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)