

## Dealing with Anger



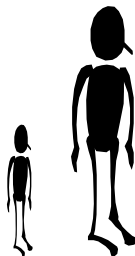
All of our sessions include games and discussions to get your child to understand the topic we are focusing on.

In our Dealing with anger skills sessions we teach your children -

- When they get angry – how do you feel/ what do you do
- Finding humorous ways of dealing with anger
- What makes them laugh

### When I lose my temper

- What physically happens when you get angry
- How do you feel after you are not angry anymore
- Techniques and ways to help them calm down – if your child is on this course ask them what technique they have chosen to try each week so that you are aware.



## Why people get angry



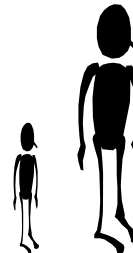
What happened when they last got angry and what could they have done differently

We talk about why sometimes we can be angry at someone when it is not their fault

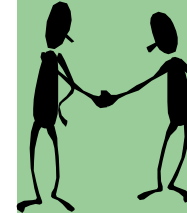
- How others may feel when you are angry at them
- Recognising sometimes people are not angry for the reasons we think and how to deal with those situations without trying to hurt them back

### Telling people why they are angry

- How to explain to people how they are feeling and why they are angry – the use of 'I Statements'



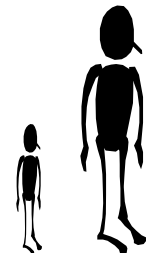
## Compromise



We look at what compromise is and how to use it.

- Ways of compromising and how to use this together with 'I Statements'
- Ways to resolve a problem
- How to use a place or person to help them think of alternatives to getting angry
- Apologising
- Different ways of keeping cool
- Your happy place

All children receive a certificate if they complete this 7 week course



- All sessions held at the GreenHouse or SBC Centre
- **Age range 8 to 13**
- Course will involve one-to-one work with an adult and some group work
- Limited number of places available

## GreenHouse Mentoring

The GreenHouse  
16-22 St Thomas's Road  
Stopsley  
Luton LU2 7UY

Phone: 01582 528213  
Email: [ghm@stopsley.net](mailto:ghm@stopsley.net)

## GreenHouse Mentoring

GreenHouse Mentoring is a locally focussed, Luton based organisation, established since 2002, committed to provide a supportive and friendly place for young people, volunteers and staff alike.

We love to treat everyone in a uniquely personal way and help them to unlock their potential.

We provide quality, trained, screened volunteers from diverse backgrounds who choose to consistently meet with, mentor and help young people in Luton.



If you would like to know more about our organisation please contact us on

01582 528213

[ghm@stopsley.net](mailto:ghm@stopsley.net)

[greenhousementoring.org.uk](http://greenhousementoring.org.uk)

## GreenHouse Mentoring

Tel: 01582 528213

Parents Information

Group Mentoring  
Skills sessions

Dealing with Anger

**GreenHouse**  
Mentoring

