

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

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. Participants will learn specific skills such as: Although How to Be Angry is designed to be a guide for facilitators working with kids on anger and assertiveness skills, I think it would be an excellent tool for parents, as well, especially those looking for a structured way to help their kids improve communication skills. How To Be Angry: An Assertive Anger Expression Group Guide for Kids and Teens. Suitable for use with children and teenagers aged 5-18, it will help them to overcome self-destructive passive, aggressive, and passive-aggressive patterns of behaviour. Instead of teaching children not to be angry, this engaging resource teaches them how... This resource takes a different approach to anger, teaching children how to be angry effectively, rather than telling them not to be angry at all. This group program provides step-by-step guidelines for building anger management and assertive emotional expression skills through tailored lessons, group activities and thought-provoking discussions.