

• Did you know...

*Exercise can help in many ways. It helps you feel relaxed and happy and by moving your body and increasing your heart rate with cardiovascular exercise, you can stimulate the production of **endorphins** in the bloodstream-reduce pain and boost pleasure, resulting in a feeling of well-being.*

Controlling their anger is a SKILL, just like learning to play a computer game, or trampolining!

Like any skill ,to get better what do they need to do?...Practice of course!!

For further advice contact Emma Cooper
Behaviour Coordinator
ecooper@ramsdenhall.org.uk

There is unhelpful anger and helpful anger-

It is a primary emotion
It occurs when we feel threatened

There are lots of different types of anger

We show anger in our actions, and feel it in our bodies and minds

If student are angry and lose control at school –staff may intervene and hold them for the safety of themselves and others or to prevent damage.
See Restrictive Physical Interventions –MAPA ®leaflet for more information

At
Ramsden Hall Academy we....

Keep each other safe

Help each other to learn

look after our school

We Help Each Other Learn



Support for Parents /carers
Supporting your child's
Anger Issues.



Tel: 01277 624580



Some useful tips -

To encourage good sleeping habits for your child.

Spend time outside

-During daylight hours ,spend time outside as it helps the body to create Melatonin which will help your child to sleep

Stay active-Physical exercise can help rid the body of tensions and stress.

Being active also burns off excess energy so that your child can fall asleep with ease at bedtime. Avoid napping or dozing during the day

Implement a routine in the evenings-

Dinners should be eaten early enough so that they digest the food before bed

Avoid caffeine-Any

drinks and food that contain caffeine should not be given to your child after 4pm,so avoid items like chocolate and fizzy drinks.

Set a bedtime routine-Set a nightly routine and stick to it so that it gives your child structure.

Make bedtime fun-Choose a relaxing activity such as listening to music, chatting or reading a story before your child goes to bed.

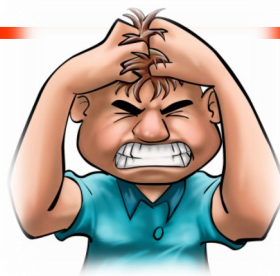
Use relaxation techniques-Children with ADHD may suffer from separation anxiety at bedtime.To help your child relax,try calming techniques such as deep breathing

Ramsden Hall Academy ©

Talk to you child -

- Ask them when they have seen people angry-what was happening
- Ask them what makes them feel angry
- Ask them what they do when they are angry
- Ask them when they have controlled their anger

These discussions will help them focus and develop understanding about themselves and others.



Further Information /Links

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anger/>
<https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-angry-child/>
https://childdevelopmentinfo.com/how-to-be-a-parent/angry_child/#gs.0vgpmb

At Ramsden Hall...

We have support for students that have difficulties controlling their anger-

- Anger Management programme- Student must attend voluntarily
- Therapy dog visits
- Transfer Adults
- Time Out
- Safe spaces

Talk to your child ,what are their physical signs

your heart is beating faster
your breathing is quicker
your body is becoming tense
your feet are tapping
you're clenching your jaw or fists
You may feel hot
Does your face go red
Do you feel breathless
Frowning, scowling
Tense muscles
Stomach aches
Headaches
Shaking
Sweating

Help them recognize the signs before things get out of control

Ramsden Hall School

Heath Road,

Billericay ,

Essex

CM11 1HN

01277 624580

Email: admin@ramsdenhall.org.uk

