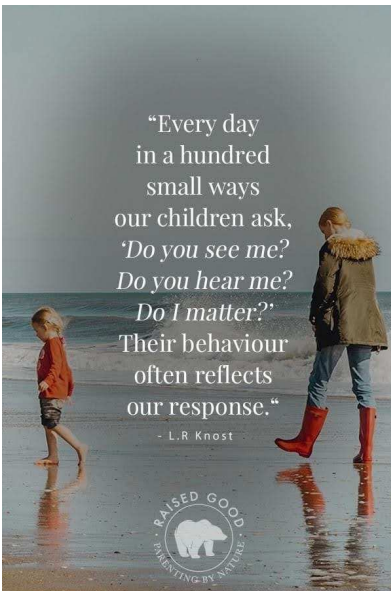
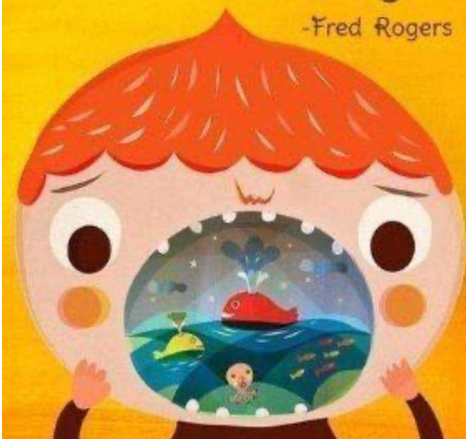


<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/>



When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.

-Fred Rogers



Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.

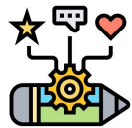
Angry

embarrassed scared grief
shame tricked overwhelmed
distrustful frustrated depressed disgusted
attacked grumpy stressed
guilt trapped nervous helpless
trauma annoyed exhausted anxious
disrespected unsure envious
disappointed lonely offended
uncomfortable worried insecure
regret hurt

The Gottman Institute



I am telling you I need something when



Do-IT>

I show you I feel angry

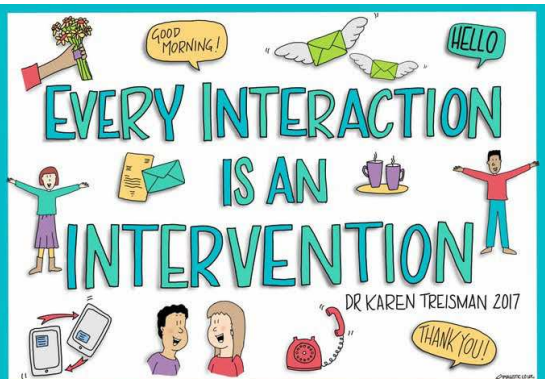
I show you I am sad

I don't respond as I don't know the words to say

I give up trying

I avoid working in some settings

I demand attention in my way



talk.actionforchildren.org.uk

Free and confidential live chat with our parenting coaches
We're open 12:00-19:30 Monday & Thursday, 09:30-16:30 Tuesday & Wednesday, and 09:30-16:00 Friday. At other times, leave us a message and we'll get back to you.

Children never, ever CHOOSE the meltdown, or any anxiety related behaviour, in the same way that YOU would never, ever choose to have a meltdown in front of your family, colleagues or friends! A meltdown is not a choice, its a byproduct of a brain that isn't coping with something. And that brain needs to be showered in love, compassion and safety. Not punishment, fear or shame.