

CHILDREN TRAINING SERIES

Anger Management Skills for Children

A specially designed program to help children understand, express, and manage their anger in healthy, age-appropriate, and constructive ways.

"Helping Children Understand, Express, and Manage Their Emotions Better."

Children feel big emotions — but they do not always have the words or skills to handle them. When a child gets angry, they may cry, shout, throw things, or even hit. This is not because they are bad children. It is because they have not yet learned how to manage what they are feeling inside — and that is completely normal. Anger management is a skill, and like all skills, it can be taught.

The **Anger Management Skills for Children** program at GroomX Finishing Academy teaches children to understand their anger, recognise what triggers it, notice the signs in their body before it takes over, and learn healthy ways to express and calm it down. The result is a happier, calmer child who feels more in control of their emotions — and a more peaceful, understanding home and school environment for everyone.

Sometimes when a child appears angry, what they are actually feeling underneath is sadness, embarrassment, fear, or hurt. They express anger because it feels easier or because it masks the deeper emotion. This program helps children explore those deeper feelings — so they can deal with the real emotion, not just the anger on the surface.

All sessions are fun, engaging, and fully age-appropriate. Our trainers are experienced in working with children and know how to create a warm, safe, non-judgmental space where children feel comfortable opening up, exploring their feelings, and practising new ways of responding to the situations that make them angry.

Why Choose This Course

Helps children understand their emotions

Children learn that anger is a normal emotion — not something to be ashamed of — and that there are right and wrong ways to express it. Understanding comes first.

Reduces aggressive behaviour and outbursts

Through guided, consistent practice, children learn to pause before reacting — reducing tantrums, hitting, screaming, and other aggressive responses at home and school.

Builds emotional awareness and self-control

Children develop the ability to notice anger building inside them before it erupts — and use that awareness to make better choices in how they respond.

Encourages healthy expression of feelings

Children discover that words are always more powerful than actions — and practise expressing how they feel clearly, safely, and respectfully in different situations.

Improves relationships with family and friends

When children manage anger better, their relationships improve — less fighting with siblings, better friendships, improved behaviour with parents and teachers.

Fun, interactive, child-friendly learning

All sessions use stories, role-play, games, and creative activities — so children enjoy the process and remember the skills long after the course ends.

Module Outline

1 What is anger — understanding what it is and why it happens

In the first module, children learn what anger actually is — in simple, friendly language they can relate to. They discover that anger is a normal human emotion that everyone feels, that it is not bad to feel angry, and that what matters is how we choose to express it. Simple stories and activities make this concept clear and memorable.

2 Causes of anger — common triggers in children

What makes children angry? Being left out, not getting what they want, being teased or embarrassed, cancelled plans, being told no, feeling misunderstood, or being treated unfairly. This module helps children identify and talk about their own personal anger triggers — a crucial step in learning to manage them before they escalate.

3 The feelings beneath the anger — exploring deeper emotions

Anger is often a secondary emotion — a mask for something deeper like sadness, fear, hurt, or embarrassment. This module helps children explore what is really going on beneath their anger. When a child feels sad about a cancelled playdate but responds in anger, helping them connect to the sadness opens up much healthier ways to express and process the feeling.

4 Body reactions — how anger feels inside the body

Anger shows up in the body before it shows up in behaviour — a fast heartbeat, a hot face, tight fists, a churning stomach, or clenched teeth. Children learn to recognise their own personal physical anger signals early, so they have more time to make a better choice before the anger takes full control.

5 The anger thermometer — understanding levels of anger

Not all anger is the same. Being slightly annoyed is very different from being furious. Children learn the concept of the anger thermometer — a scale from calm to explosive — and practise identifying where they are on the scale at different times. This self-awareness helps them intervene at the right moment, before the anger reaches its peak.

6 Healthy vs unhealthy ways to express anger

There is a big difference between expressing anger in a healthy way and expressing it in a destructive way. This module explores both sides clearly — helping children understand why hitting, screaming, or throwing things makes situations worse, and why using words, walking away, or asking for help are always better choices.

7 Calming techniques — tools to cool down quickly

This is the most practical module in the program. Children learn a range of simple, effective calming techniques they can use anywhere — deep belly breathing, counting to ten, the STOP technique (Stop, Take a breath, Observe, Proceed), going to a calm corner, drawing their feelings, or physical movement. Each child identifies which two or three techniques work best for them personally.

8 5 key anger management strategies for children

Building on the calming techniques, this module introduces five key anger management strategies specially designed for children — simple enough to remember in the heat of the moment, and powerful enough to genuinely change how children respond to the situations that make them angry. Each strategy is taught through an activity or story that makes it memorable and easy to apply.

9 Using words to express feelings — saying how you feel

One of the most important skills this program teaches is the ability to say how you feel using words — clearly, calmly, and respectfully. Children practise "I feel..." statements and learn a vocabulary of emotion words that helps them articulate their inner experience rather than acting it out through behaviour.

10 When anger turns aggressive — understanding the line

This module helps children understand the line between feeling angry and behaving aggressively — and why crossing that line always makes things worse, not better. Through role-play and discussion, children practise stopping before aggression takes over and choosing a healthy response instead.

11 Dealing with conflict with friends and siblings

Many of the situations that trigger anger in children involve other people — siblings who take their things, friends who leave them out, or classmates who tease them. This module gives children specific strategies for handling these common conflict situations — how to speak up, how to listen, how to find a solution, and how to walk away when needed.

12 Asking for help — knowing when to involve a trusted adult

Sometimes a situation is too big for a child to handle alone — and that is completely okay. This module teaches children to recognise when they need help, who their trusted adults are, and how to ask for support clearly and without shame. Knowing when and how to ask for help is a sign of strength, not weakness.

13

Empathy and kindness — understanding how others feel

Empathy — the ability to understand how another person feels — is one of the most powerful antidotes to anger and aggression. This module helps children develop empathy through perspective-taking activities and stories, so they begin to consider how their words and actions affect the people around them.

14

Practice, role-play, and my personal calm plan

The final module is all about practice and personal application. Children role-play real anger scenarios using the skills they have learned throughout the program, receive warm and encouraging personalised feedback from the trainer, and create their very own personal calm plan — a simple, child-friendly guide they take home to remind them of the tools they now have.

What Children Gain From This Program

✓ Understand what anger is and why it happens

✓ Recognise personal anger triggers

✓ Notice body signals before anger takes over

✓ Use calming techniques independently

✓ Express feelings with words instead of actions

✓ Handle conflicts with friends and siblings better

✓ Choose healthy responses over aggressive ones

✓ Ask for help confidently when needed



Who Is This Course For?

Children aged 5–16

Content is carefully tailored to age group. Activities and language are fully age-appropriate for both younger children and older teenagers.

Parents

Parents who want to help their child manage anger and emotional outbursts more effectively — at home, at school, and with friends.

Schools

Schools that want to support students with emotional regulation skills as part of a holistic student wellbeing program.

Frequently Asked Questions

My child is not violent, just very emotional. Is this course still suitable?

Absolutely. Anger management is not only for children who display physical aggression. It is for any child who struggles with big emotions — frequent crying, emotional outbursts, sulking, or becoming easily overwhelmed. All of these are forms of difficulty managing emotional responses, and all are addressed in this program.

Will the trainer understand how to work with young children?

Yes. All GroomX trainers who work with children have specific experience and skills in engaging young learners. Sessions are always warm, patient, non-judgmental, and age-appropriate. Children consistently tell us they enjoy the sessions and look forward to coming back.

How many sessions does the course include?

The full program consists of 14 sessions. Shorter workshop formats are also available. Contact us at 9036111000 to discuss which format best suits your child's needs, age, and schedule.

Can this be done as a group program at our school?

Yes. We regularly run group anger management programs for schools and institutions. Contact us at 9036111000 or visit our office to discuss a customised program for your school or group.

What Parents Say

★★★★★

"My 8-year-old used to have a full meltdown whenever things did not go his way. After just four sessions at GroomX, he started using the breathing technique on his own and saying 'I feel frustrated' instead of screaming. We could not believe the change."

Rekha P.

Parent of 8-year-old, Bangalore

★★★★★

"My teenage daughter and I were constantly fighting. After this program, she started telling me how she actually felt instead of slamming doors. She said the trainer helped her understand that anger was covering up how hurt she felt. Life at home is so much calmer now."

Anand V.

Parent of 14-year-old, Bangalore

Help your child choose calm over chaos

Join GroomX Anger Management Skills for Children and give your child the emotional tools they need to handle big feelings with grace and confidence.

Call us: 9036111000 | Visit our office in Bangalore anytime