



# Effective Anger Management for Children and Youth: The Manual and the Workbook

*Yoon Phaik Ooi, Rebecca P Ang, Nikki Lim-Ashworth*

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The Effective Anger Management for Children and Youth manual and workbook are specially designed for teachers, counsellors, social workers, psychologists, and other mental health professionals who assist in various capacities in working with children who exhibit anger and aggression problems. The ideas, materials, suggested activities and games included in this resource book are applicable to both primary and secondary school children. The purpose of this resource book is to provide practical strategies divided into 12 lessons that teachers and mental health professionals can implement; it is a “how to” book on enhancing children's emotion management, problem-solving and social skills.

## **Contents:**

- Identification of Feelings in Ourselves and Others
- Exploring Anger Feelings
- Anger Coping Techniques I
- Anger Coping Techniques II
- Empathy Skills
- Perspective-Taking Skills
- Fighting Fair
- Building Prosocial Skills
- Effective Problem-Solving Steps: ANGER Plan
- Application of the ANGER Plan I
- Application of the ANGER Plan II
- Putting It All Together

**Readership:** For teachers, counsellors, social workers, psychologists, and other mental health professionals who assist in various capacities in working with children who exhibit anger and aggression problems.

## **Key Features:**

- There is currently no such published manual and workbook in Southeast Asia. The book is tailored to suit Asian children/adolescents
- Analogies, case scenarios, and examples were designed to reflect the daily encounters faced by these children/adolescents
- The language used is also tailored to suit Asian children/adolescents

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