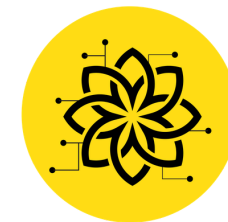


MODULE: DIGITAL BRAIN & EMOTIONAL FOUNDATION

# Understanding Anger

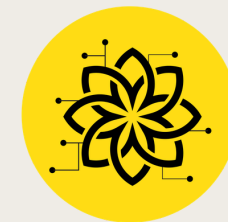
Age Group: 4–7 Years | Duration: 60 Minutes

Helping young children recognize anger, understand their body's signals, and respond safely and constructively.



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# What Will Children Learn?

By the end of this session, children will be able to:



## Recognize Anger

Understand that anger is a normal, valid emotion everyone experiences.



## Pause Before Reacting

Understand that quick reactions can be unsafe and hurt others.



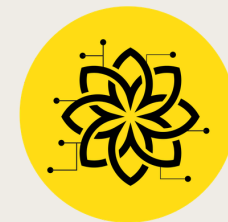
## Identify Body Signals

Notice physical signs like fast breathing, tight fists, or a loud voice.



## Use Calming Strategies

Practice simple techniques to calm down and express feelings safely.



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UNDERSTANDING

ANGER

## Anger Is a Natural Feeling

Anger is a normal human emotion — it is not "bad." Children feel anger when something feels unfair, frustrating, or upsetting.

### Common Triggers

Sharing issues, broken promises, being interrupted, or feeling left out.

### Key Message

Feeling angry is always okay. It is what we **do** with that feeling that matters.

# What Does Anger Feel Like in the Body?

Help children tune into their body's signals — these are clues that anger is building.



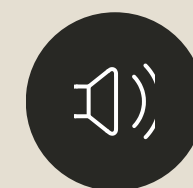
## Faster Breathing

Breaths become quick and shallow.



## Tight Hands & Muscles

Fists clench; shoulders feel tense.



## Loud Voice

Tone rises; words come out sharply.



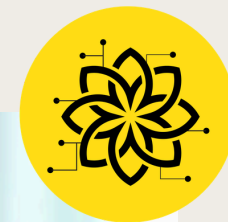
## Restless Movement

Stomping, fidgeting, or pacing.



## Feeling Hot

Face or body feels warm or flushed.



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# Why Quick Reactions Can Be Unsafe

When anger hits, the body reacts **fast** — before the brain has time to think. Children may shout, push, or throw things without meaning to.



→ **Immediate reactions can hurt others**

Physically or emotionally.

→ **Regret often follows**

Children feel sorry after acting on impulse.

→ **The key skill: Pause**

A moment of stillness changes everything.

# "Anger Is Fast – Calm Helps Us Think"

Use this simple brain explanation to help children understand *why* slowing down matters.



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## Anger Mode

Body reacts fast;  
brain can't think  
clearly



## Calm Mode

Breathing slows;  
brain makes better  
decisions

When children understand that calming their body helps their brain work better, they begin to see self-regulation as a superpower – not a punishment.

# The Anger Calm Steps



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Teach children this simple, repeatable sequence to use whenever they feel anger rising.

01

---

## Stop Your Body

Freeze what you're doing — pause all action.

03

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## Take Slow Breaths

In through the nose, out through the mouth.

05

---

## Use Calm Words

Say how you feel: *"I feel angry because..."*

02

---

## Step Back or Sit Down

Create physical space from the situation.

04

---

## Relax Your Body

Unclench fists, drop shoulders, soften your face.

06

---

## Ask for Help

Tell a teacher or trusted adult if you need support.

# Safe vs. Unsafe Actions



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Reinforce this core principle: *All feelings are okay. Not all actions are.*

## Safe Choices

- Slow, deep breathing
- Speaking in a calm voice
- Asking a teacher for help
- Using "I feel..." sentences
- Stepping away to cool down

## Unsafe Choices

- Hitting, pushing, or kicking
- Shouting or name-calling
- Throwing objects
- Breaking or damaging things
- Ignoring the feeling completely



Feelings are never wrong – but we always choose safe actions.

# Activities & Practice

## Body Check

Identify "angry body" vs. "calm body" through mirrors or drawings.

## Breathing Practice

Practice slow belly breaths together — make it a daily ritual.

## Role-Play

Act out real-life situations and practice safe responses.

## Safe Sentences

Reinforce phrases like "*I feel angry when...*" through games and repetition.

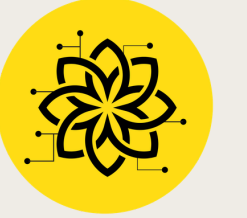


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SESSION CLOSING



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## Reflection, Home Practice & Goodbye

### Student Reflection

Ask: *"What happens when I feel angry? What can I do differently?"*

### Home Practice

Encourage children to practice calm breathing daily and share feelings with parents using safe words.

### Closing Message

Anger is normal. Calm helps us make better choices. We can feel angry **and** still stay safe.