

Keep Your Cool

How to Manage Children's Anger
& Encourage Calm & Reflection



Anna-Michele Hantler

Emotional Education Through The Arts



"Control your temper because I was getting in a lot of trouble!"

Girl, Year 9



Do you want to be better equipped to help children and young people struggling to control their angry outbursts? Do you recognise those who withdraw and sulk and deny their angry feelings? This course will help improve your handling of anger for all children, and especially those 'trigger happy' children or those who need to move on and get mad!

Supporting Targeting Mental Health in Schools, ECM, SEAL, PSHE and the Healthy Schools Emotional Health and Wellbeing Agenda.

This course is ideal for all adults who aspire to be the 'Emotionally Calming Adult' in the face of a storm! School Senior Management, Teachers, T.A's, Learning Mentors, Behaviour Support, TaMH's & Healthy Schools, Counsellors, Early Years Practitioners, Residential Children's Homes, Youth Workers and Extended School Services.

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This course will enable participants in Schools and Children's Service settings to know how to:

- Recognise the rage circuit and brain chemistry at play during angry outbursts
- Respond appropriately to lower arousal levels and diffuse potential flare ups
- Identify the gradient, language and spectrum of anger
- Engage the arts and play to explore & express anger
- Utilise the draw and write technique to consult children
- Decide when best to use catharsis or to calm
- Factor in considerations for group work
- Facilitate relaxation & calming techniques
- Create an ethos conducive to calm and respect



Take advantage of Anna-Michele's remarkable 30 year career in and around schools and children's services; supporting children and young people hampered by troubled backgrounds and emotional turmoil. Working with anger is paramount to improving behaviour and developing assertiveness.



For further information, to book a place or enquire about a course near you, please contact:

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This course is currently available as inset or commissioned course. It can be tailored to suit your age group & setting.

Anna-Michele Hantler holds a wealth of qualifications and accreditations including: -Qualified Teacher, Arts Psychotherapist, Accredited Trainer for Jenny Mosley's Quality Circle Time, Implementing and Researching Massage in Schools Programme, Protective Behaviour, NLP Practitioner, Educational PSHE Consultant and LA Anti-Bullying Officer. Anna-Michele is Author of 'How to Nurture and Enhance Children's Emotional Development'. **In house training available on request.**