

Speaker Notes

Title of Presentation: A Guide to Helping Children Manage Anger (Ages 3 to 12)

Page 1 – none.

Page 2 – none.

Page 3 – none.

Page 4 – none.

Page 5 – none.

Page 6 – Fight or Flight – Walter Cannon's theory in 1927 which states that animals react to threats with a general discharge of the sympathetic nervous system, priming the animal for fight or fleeing. This response was later recognized as the first stage of a general adaptation syndrome that regulates stress.

Page 7 – none.

Page 8 – none.

Page 9 – none.

Page 10 – It's sometimes difficult to stop the initial anger response, but we can learn to recognize the signals and cool down before the anger becomes intense.

Page 11 – none.

Page 12 – none.

Page 13 – none.

Page 14 – none.

Page 15 – none.

Page 16 – none.

Page 17 – none.

Page 18 – none.

Page 19 – none.

Page 20 – none.

Page 21 – none.

Page 22 – none.

Page 23 – none.

Page 24 – none.