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It takes a lot of practice for a child not to look disturbed, or to blush or cry when he/she faces bullying. However, anger management and self-control are important skills that the child needs to learn for facing the bully, and so that the latter would not feel victorious and continues their behaviour. This requires some coaching on managing emotions and practicing self-control.

STEPS OF EMOTIONAL MANAGEMENT

1. Accommodate the child by listening attentively and allowing them to fully express themselves, while showing **understanding and respect for their emotions**, without trying to change them or blame the child for them.

1.



2. **Help the child interpret his feelings and emotions** by naming them (for example you can say, "you are sad because ...", "you do not feel popular because your friends...", "you feel helpless because you do not know what to do ...", etc.).

2.



3. Tell the child that **it is normal to feel angry and frustrated** (acknowledge their right to feel anything).

3.



4. Emphasize that although **he/she can feel any emotion**, he needs to take responsibility for his actions.

4.



5. Explain that his/her feeling of anger and helplessness **are perhaps exactly what the bully wants**, so that in turn they can feel victorious, more controlling and powerful.

5.



7. **Coach him/her into finding their own solutions** (For example, say 'let's think together about ...', 'what do you think you can do?', etc.).

7.



6. **Teach them to manage their emotions**, and to keep their calm and respect to others.

6.



SELF-CONTROL STEPS

It would be good to explain to the child in a simple way what happens in our body when we get angry. For example, you can say 'when we feel angry, part of the brain stops working, and we become controlled by our emotions, so we lose some control on our actions.'

Next, teach the child that once he/she feels angry, they need to focus on regaining control, using several anger management techniques, such as:



Engaging in a mental activity: Such as counting to ten, writing, watching a movie, etc.



Engaging in a physical activity: Such as going for a walk, running, playing football, or other physical activities they prefer.



Practicing a hobby: Such as writing, drawing, singing, performing other expressive arts.



Deep breathing exercises.



Using a stress ball.



Using the positive time-out approach (i.e. when a person disengages from activities for a short period and tries to calm down using one of the previously mentioned techniques, until he/she feels they have regained their ability to think and act rationally).

