

Self-Control

Managing Anger and Signaling Distress

Why teach self-control?

1. To **establish** a system (“SBS” Approach) for self-control, decrease impulsive behaviors & signaling distress.
2. To create longer **lasting effects** on better anger management.
3. To train children to take **responsibility** for him/herself.
4. To encourage “**Stop & Think**” when experiencing uncomfortable feelings.
5. To teach children on **self-control** rather than on external control.
6. To link the behavior with the **comfortable emotional state** (such as feeling calm & relax).
7. **Easy** for teacher to administer.

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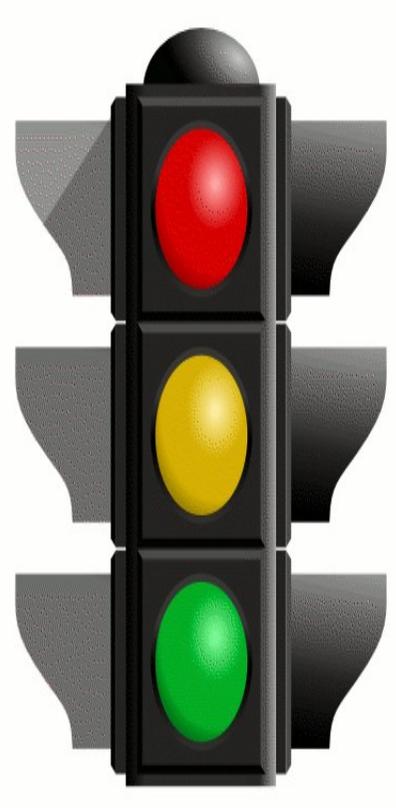
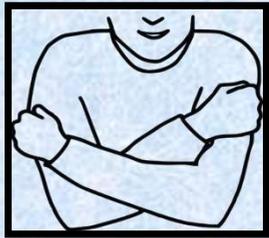
The “SBS” Approach teaches children:

1. how to **calm down** (stop).
2. how to **identify the problem** they having.
3. how to **recognize & communicate** their feelings in emotional situation.
4. how to **engage** in problem solving

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“SBS” Approach



Stop
(Calm down)



Breathe
(Mouth close and breathe in/out through nose.)



Say the problem
(How you feel.)
“I feel _____, because _____”.

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The “SBS” Approach.



1. Stop: Calm down.

Tell yourself to stop.

Cross arms & hands inward to hug self.



2. Take 5 long deep breathe & Count slowly to 10.

(Do this: Mouth close and breathing in/out through nose.)



3. Say the problem & How you feel.

(“I feel _____, because _____”).

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Setting up a Calming Corner in classroom.

- ✓ Ensure the room is free of objects/items that could hurt themselves or others.
- ✓ Create a cozy outlook of the room.
- ✓ Place calming chart in the room at eye level of children.
- ✓ Place some calming items/ objects in a box.
(CALM DOWN KIT)



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Teachers' Role

1. **Encourage** (but never force) children to use it.
2. Monitor own **tone of voice** & **use of words**.
(Esp. when you are feeling frustrated.)
3. Provide **immediate praises** plus a **material reinforcement**.
(Esp. when children uses **"SBS" Approach**.)
4. Engagement of **peer support**.
(Through praises, clapping hands or other means.)
5. Use of **visual prompts**.
(Charts that remind children to do **"SBS" Approach**.)

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It is OK to be mad, BUT.....



1. Don't hurt others.



2. Don't hurt yourself.



3. Don't destroy property.



And DO talk about how you feel.....