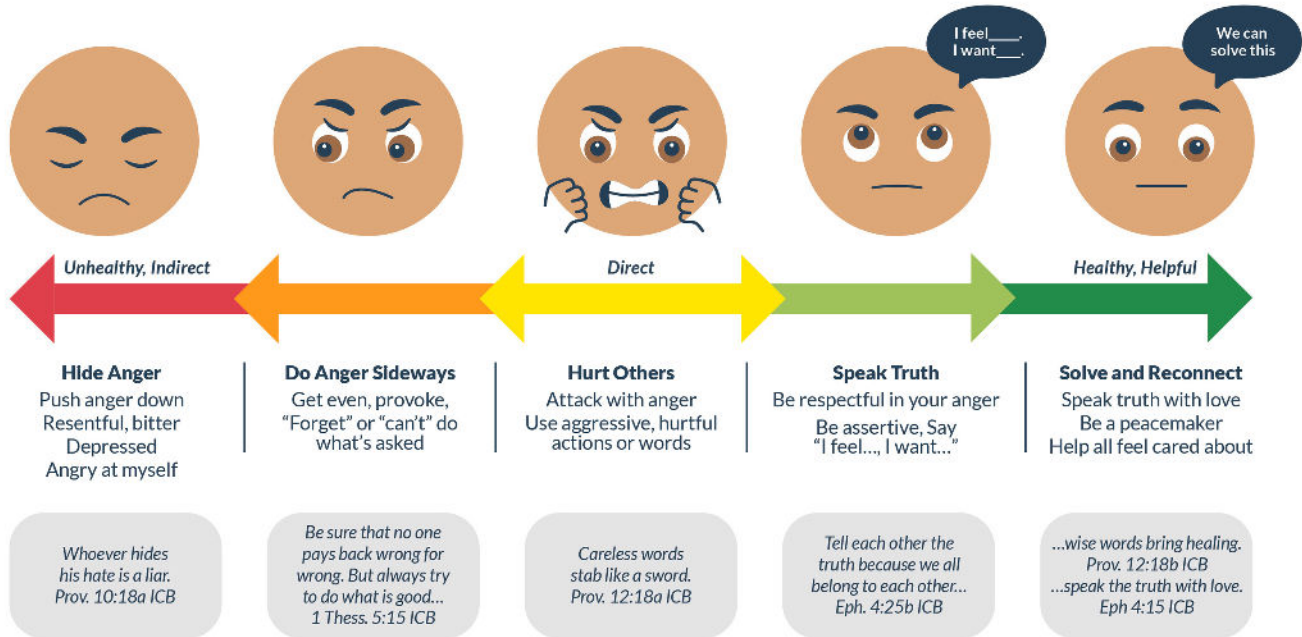


# Learning Respectful Anger

“Go ahead and be angry. You do well to be angry—but don’t use your anger as fuel for revenge. And don’t stay angry. Don’t go to bed angry. Don’t give the Devil that kind of foothold in your life.”

Eph 4:26 The Message



## Guide for Parents:

- Keep a light-hearted, even humorous tone when you’re showing this to kids.
- Share a few of your own examples of both unhelpful and helpful ways of doing anger. (Self-deprecating humor can go a long way in easing everyone’s shame about how they deal with anger.) If you decide to share scripture, only do it to illustrate your own examples or to affirm a child’s helpful actions.
- School-aged kids can probably grasp most of the concepts. With young kids, you can just talk about growing from hurtful anger to respectful anger as they learn to speak truth. Use stories and even dolls or stuffed animals to illustrate different kinds of anger.
- Do NOT use this to show your kids how their anger shows up in unhelpful ways! Wait for a situation in which they respond in one of the two healthy expressions of anger, and guide them to see how helpful that was. (For a simple format for effective affirmations, see [this article](#).)
- Practice with low-level anger situations before anger erupts,
  - “Is your face saying, ‘I’m frustrated right now. I want a turn!’?”
  - “Yeah!”
  - “Good, you’re speaking truth! You can tell your sister, ‘I’m frustrated. I wanna turn!’”
- When anger erupts in a hurtful way, recognize it’s better than hiding anger or doing it sideways. “I’m glad I know what you’re angry about! Do you need a break so you can be both angry and respectful? Then we can solve it!”