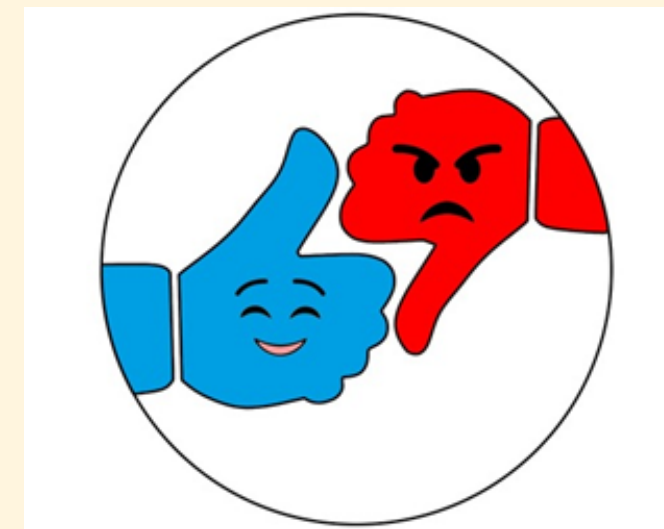


Peaceful Schools with
Anger-free classes



Erasmus+

Parents' Guide



Agreement number: 2020-I-PL01-KA229-081470_1



Agenda

Understanding Anger

Emotional Regulation Techniques

Relaxation Techniques

Developmental Perspectives

Creating A Supportive Environment

Communication Skills

Stress and Emotion Management for Parents

Understanding Anger

What is anger?

Anger is a natural and intense emotion that we all experience at times. It's like a warning signal that something is bothering us or making us feel frustrated. When someone is angry, they might feel their heart racing, muscles tense, and thoughts might become focused on the thing that's upsetting them. While it's okay to feel angry, it's important to learn healthy ways to express and manage it, so it doesn't harm our relationships or well-being. Teaching children how to identify and handle anger can help them develop important emotional skills for life.

Understanding Anger

Common triggers

Every parent knows their children best. It is good to be aware of the potential triggers that may cause anger. Here are some common triggers that can cause anger in children and teenagers:

For Children:

1. Frustration when they can't do something they want.
2. Feeling misunderstood or not listened to.
3. Being teased or bullied by peers.
4. Changes in routine or unexpected disruptions.
5. Not getting their way or facing limits set by adults.
6. Sibling conflicts or fights over toys and attention.
7. Feeling tired, hungry, or unwell.
8. Receiving criticism or corrections from adults.
9. Feeling neglected or ignored by parents.
10. Being embarrassed in front of others.

Understanding Anger

Common triggers

For Teenagers:

1. Academic pressures, such as exams and assignments.
2. Peer pressure or conflicts within friend groups.
3. Arguments with parents about curfews, privileges, etc.
4. Romantic relationship issues or breakups.
5. Body image concerns and self-esteem issues.
6. Feeling misunderstood or not respected by adults.
7. Social media drama or cyberbullying.
8. Uncertainty about their future, career, or college choices.
9. Lack of independence and autonomy.
10. Family problems or tensions at home.

It's important for parents and caregivers to recognize these triggers and help children and teenagers develop healthy coping mechanisms to manage their anger and emotions effectively.

Understanding Anger

Physical and emotional signs of anger in children and teenagers

Physical Signs:

1. Clenched fists or tense muscles.
2. Red or flushed face.
3. Rapid breathing or hyperventilation.
4. Pacing or stomping.
5. Hitting objects, like slamming doors or throwing things.
6. Increased heart rate.
7. Tightened jaw or gritted teeth.
8. Trembling or shaking.
9. Raised voice or shouting.
10. Inability to sit still or restlessness.

Understanding Anger

Physical and emotional signs of anger in children and teenagers

Emotional Signs:

1. Irritability or a short temper.
2. Feeling hot-headed or frustrated.
3. Sudden mood changes or irritability.
4. Aggressive behavior or desire to fight.
5. Anger outbursts that seem disproportionate to the situation.
6. Feeling a sense of injustice or unfair treatment.
7. Withdrawal or isolation from others.
8. Negative self-talk or blaming others.
9. Impatience or intolerance towards others.
10. Difficulty concentrating due to heightened emotions.

Recognizing these signs can help parents and caregivers intervene appropriately, guiding children and teenagers toward healthier ways of expressing and managing their anger.

Emotional Regulation Techniques

Practical strategies and techniques that parents can teach their children to help them manage and regulate their anger effectively

Social-emotional learning is the process by which children and adults understand and regulate their emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Parents play a crucial role in the healthy, happy and successful development of children.

There are three important aspects of the role of parents in building children's social and emotional skills, vitality and reducing social, emotional and behavioral problems:

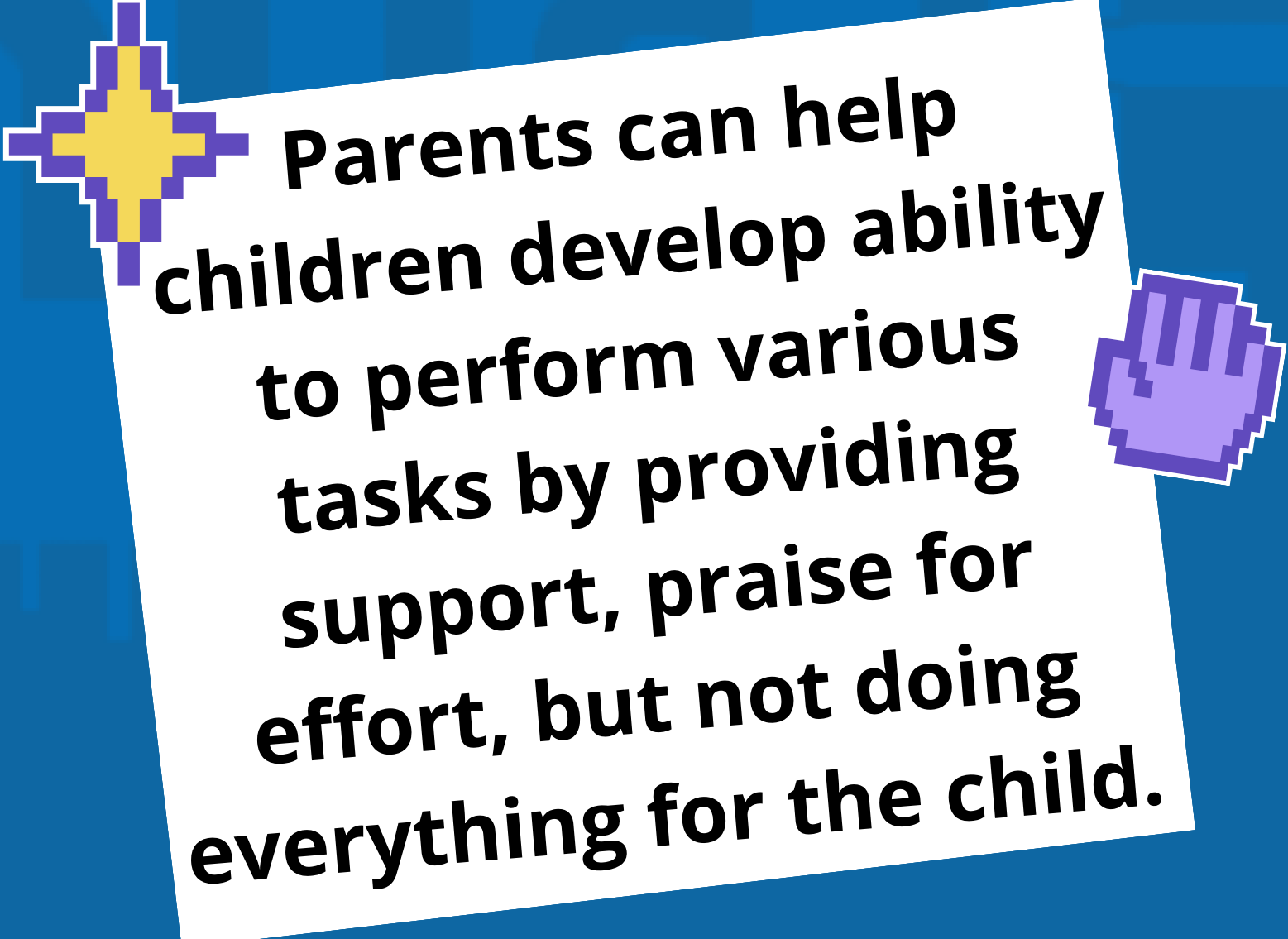
- 1) love and support;**
- 2) child care and supervision;**
- 3) role model parents.**

Emotional Regulation Techniques

love and support

Loving and supportive relationships is a basic condition for the development of children's healthy self-esteem, the ability to overcome difficulties and conflicts. Love and support can express itself in:

- * time spent together;
- * listening carefully;
- * involving in child's life;
- * asking for child's opinion;
- * involving in daily duties;
- * talking about how child feels;
- * honoring and emphasizing good work;
- * positive physical touches;
- * watching a movie or reading a book together;



Parents can help children develop ability to perform various tasks by providing support, praise for effort, but not doing everything for the child.

Emotional Regulation Techniques

child care and supervision

Parental supervision includes information about where the child is and what the child is doing, clear rules and specific limits on specific activities, and regular ascertaining that the rules are followed. Parental supervision is most effective when there is a warm, trusting and open relationship between parents and children.

- *talk to your child's friends when they come to visit you. Ask what they do and what they think about different things;

- *ask your child to tell about events in his free time (who he met in the city), talk about free time activities;

- *discuss with your child the rules and what you expect from him. Also explain the consequences if the rules are not observed;

- *if a child breaks the rules, apply consequences fairly and consistently; do not say anything in anger;

- *pay attention to the child's mood and behavior at home. Talk to your child about your concerns if they arise.

Emotional Regulation Techniques

role model parents

children learn from us. Our attitudes and behaviors, as well as our own learning, inspire children and show them how to live and learn.

There are some simple techniques that parents can use to maintain their own mental and physical health, as well as set a good example for their child.

*Taking care of your basic needs (sleep, healthy diet, physical activity). Firstly, good physical health and sufficient rest allow you to keep a cool head and respond adequately to emotionally difficult situations, such as problems at school, interpersonal conflicts, etc. Secondly, a healthy diet, sufficient sleep and physical activity are important long-term prerequisites for the child to learn that taking care of his mental and physical health is very important.

*Recognizing stress is the first step to reducing its effects. Some techniques for reducing stress include deep breathing, muscle relaxation, focusing on sensations, physical movement, talking to someone.

Emotional Regulation Techniques

role model parents

*Creating a support network of relatives, friends, neighbors, colleagues, parents of your child's friends, and others who can provide emotional and practical help. Sometimes we don't realize how willing people are to get involved and help. It is easier to build such a support network when we talk about our problems, meet people with similar difficulties and cooperate with each other.

*Apologizing if necessary. Parents should be able to apologize to their children if what they said or did was not intended. Children learn that anyone can make mistakes and admitting mistakes can help resolve a conflict situation.

Emotional Regulation Techniques

role model parents

Some tips for parents how to help their children to deal with anger.

Anger is one of the basic emotions and a natural, most often automatic, response to physical or emotional pain. As parents, we need to help our children express their anger in an acceptable and assertive way, not repress it. Being assertive means letting others know how you feel while at the same time showing respect. There are a number of safe and quick techniques to help children calm down and regain emotional balance:

- *go for a walk or run;
- *do jumps or any other pleasant physical activity;
- *push a stress ball;
- *knead plasticine;
- *write down what worries the child;
- *talk to someone or engage in an enjoyable activity;
- *teach your child relaxation techniques or breathing exercises;
- *to maintain an internal dialogue.

Emotional Regulation Techniques

role model parents

Some tips for parents how to help their children to deal with anger.

Parents themselves should try to exercise self-control and remain calm in order to calm and support the child when he is angry. This is how you teach your child that it is natural to get angry and that anger will eventually pass.

Help your child recognize the causes of emotions and choose appropriate behavior.

Emotional Regulation Techniques

role model parents

Some tips for parents how to help their children to deal with anger.

Positive reinforcement helps develop desired behavior and reduce aggressive behavior. You can positively reinforce the child's appropriate behavior with:

- *praise;
- *hugging;
- *paying attention;
- *a treat or favorite food;
- *joint leisure activities (games, watching movies, spending time with friends);
- * the purchase of material things (toys, puzzles, games, etc.).

It should be noted though that reinforcement suitable for one child may not be suitable for another child.

Relaxation Techniques

Kids need helpful ways to relax just like adults. On a daily basis, they face challenges like peer pressure, school expectations, sports activities, and other concerns. And just because the stressors they face are different, it doesn't mean that they are less impactful.

While you can't make all of your children's stressors disappear, you can give them the tools they need to navigate through challenging situations and maintain their overall well-being. It's never too early to teach your child about relaxation techniques and coping skills.

There are many techniques children can use to reduce their stress and relax. Depending on the child, some may work better than others. Try teaching your child one or two of the following techniques to begin. Then gradually add in more as he or she feels ready to try them.

Relaxation Techniques

1. Try Deep Breathing

It may seem cliché to tell your child to "just take a deep breath" when things start to become a bit overwhelming. However, the truth is that a deep breath, or maybe even a few, can actually help your kid relax.

Research shows that deep breathing techniques can trigger the body's natural relaxation response, relieve both mental and physical signs of stress, and improve sustained attention. Deep breathing has also been found to lower heart rate, reduce levels of cortisol in the body, and even reduce the symptoms of anxiety, depression, and anger.

You can teach simple breathing techniques to your children, and even practice them together. A good breathing practice to start with is box breaths. It allows people to shift their attention to the breath and check in with their body.

Relaxation Techniques

1. Try Deep Breathing

Follow the instructions below to begin your box breathing practice.

- 1. Take a deep breath in to the count of four.*
- 2. Hold the breath for a count of four*
- 3. Then, breath out for a count of four*
- 4. Hold the breath for a count of four*
- 5. Repeat the process as many times as you need.*

You might find it helpful to rest your hands on your belly when you breath in to make sure you and your child are breathing deeply. Or, to make the activity more fun, you can lie down and place stuffed animals on your belly, instead, and watch them rise and fall with each breath.

Relaxation Techniques

2. Use Progressive Muscle Relaxation

To practice this technique, you purposefully tense certain areas or muscles in the body, and then gradually allow those areas to relax and release the tension that was built up.

Progressive muscle relaxation can help reduce symptoms of anxiety and even improve a person's sleep quality. It can also reduce symptoms of depression.

You can practice this technique along with your child to help encourage engagement and reinforce the idea that everyone could benefit from some stress relief.

1. Choose to practice this strategy either lying down or seated in a chair.

2. Next, begin the exercise by starting with your feet. Squeeze or flex your toes and the soles of your feet to create tension.

Relaxation Techniques

2. Use Progressive Muscle Relaxation

3. After, shift your attention to your lower legs. Create tension in your calf muscles and hold it for about five seconds. Release the tension from your lower legs.

4. Next, create tension in your upper legs and pelvis. Squeeze the muscles together for five seconds. Then, on your exhale, release the tension.

5. Now, shift your attention to your stomach. Squeeze your stomach muscles as much as you can for five seconds. Afterward, allow your stomach to relax as you breathe out.

6. Then, focus on your hands and forearms. Ball them up into fists or flex your fingers. Hold the pose for five seconds. On an exhale, release the tension.

Relaxation Techniques

2. Use Progressive Muscle Relaxation

7. Next, create tension in your upper arms and shoulders. Keep the tension for five seconds. Afterward, release the tension.

8. Then, shift your attention to the head and neck. Tense as many of your facial and neck muscles as possible. Hold the pose for five seconds. Release the tension on an exhale.

9. Finally, combine all of the steps you have just taken and flex all of the muscles in the body at once. Hold for another five seconds and then release and allow your body to go limp.

Relaxation Techniques

3. *Get Moving*

When an adult is stressed, one of the last things they might want to do exercise. However, if a child is feeling stressed and they get the chance to run around, play, and have fun, it might quickly become one of their favorite relaxation techniques.

Physical exercise is linked to lower stress levels and increased positive affect, which means that it can help your kid feel more relaxed.

Some ways to get your child moving are:

- Hit the nearest park or playground*

- Join a sports team or other after-school activity*

- Play tag with friends*

- Put on some music and dance*

- Schedule a playdate for the weekend*

- Take the pets for a walk around the block*

There's no right or wrong way to get moving. Ask your child what things they like to do and then try to incorporate as much movement into those activities as possible.

Relaxation Techniques

4. Explore Visualizations

Visualization exercises, also known as guided imagery, is a relaxation technique that allows children to use their active imaginations to improve their mental health. In guided imagery practices, people visualize relaxing places, sounds, and activities in their minds, and then try to experience the calmness that those images create. For example, kids might picture building a sand castle, swinging on a swing set, or cuddling with their favorite furry friends.

Guided imagery has been found to boost a person's mood, reduce symptoms of depression and rates of fatigue, and even improve a person's quality of life.

Relaxation Techniques

4. Explore Visualizations

Follow the instruction below to guide your child through a visualization exercise.

1. Ask your child what they find relaxing, calming, or soothing. For example, they might really enjoy eating a cookie fresh from the oven, going camping and looking at the stars, or listening to a bedtime story. Encourage them to choose an activity that requires their full attention, instead of something they can do passively, such as watching TV.

2. Then, tell them that you want to practice an exercise where they get to imagine that activity in as much detail as possible.

3. First, have them find a comfortable position. They can lie down on a blanket, or sit up tall in a chair.

4. Next, have them close their eyes and take a few deep breaths to help them settle into the exercise.

Relaxation Techniques

5. Remember to Laugh

If your child is feeling stressed, sometimes one of the best things you can do is just let them laugh. The saying "laughter is the best medicine" might actually have some truth behind it.

Laughter has been found to act as a stress buffer which can reduce the symptoms of stress, and also increase a person's positive affect.

Some ways to encourage your child to laugh include:

- Choose a funny book to read before bed*
- Explore the comics section in the newspaper*
- Host a joke-telling contest at dinner*
- Make funny faces and see who can get the other to laugh first*
- Put on their favorite funny movie in the evening*

At the end of the day, you know how to make your kid laugh. And, you might just find yourself laughing along them when you explore whatever activity you choose. After all, parents need a stress break, too.

Relaxation Techniques

6. *Stretch Your Body*

Stretching engages various muscles and connective tissues throughout the body. These elements are linked to nearly every aspect of the human body, including bones, blood vessels, and even organs. This means that when you stretch, you may be able to help restore the health of connective tissues in the body, reduce inflammation, and fight off stress by getting your body moving.

Stretching does not have to be boring. In fact, you can make the experience fun, silly, and exciting by using your imagination, playing some music, or even turning it into a game. Some ways to jazz up your stretching time are:

- Make stretching into a game and see who can come closest to touching their toes.*
- Pretend to be ballerinas or wrestlers getting ready for their big event.*
- Put on your child's favorite song and stretch for the duration of the music.*
- Try yoga poses with animal names, such as downward dog or dolphin, and make the animal sounds as your stretch.*

Relaxation Techniques

7. Listen to Music

Music has been found to help people reduce stress levels, according to self-reported measures.

In particular, the study found that music can have these stress-reducing wellness benefits when listened to for at least 20 minutes a day. Which means that if you play some of your children favorite tunes to and from school, practices, or hangouts with friends, you can help them maintain their mental health.



Relaxation Techniques

8. Practice Meditation

Everyone can meditate, including your child.

Meditation is associated with several health benefits, including being able to reduce symptoms of anxiety and depression, improve sleep quality, and relieve stress.

You can use the guide below to facilitate a simple meditation exercise.

1. *Have your child get comfortable. They can lie down on a blanket or sit with their legs cross-crossed on the floor.*
2. *Ask your child to close their eyes or have their gaze gently rest on the floor in front of them.*
3. *Have your child shift their attention to their breath. Instruct your child to take a deep breath in.*

Relaxation Techniques

8. Practice Meditation

4. *Then, have your child fully exhale their breath.*

5. *You can ask him/her to count or label their breaths on the inhales and exhales. For example, they might label their inhales "one" and their exhales "two". Or, they might simply label them "in" and "out" or even "hot" and "cold". This is a trick that can keep their attention focused on their breath.*

6. *Let him/her know that it's normal for thoughts to arise during this time. Ask them to note that they are thinking, and then gently return their attention back to the breath.*

7. *Have your child continue breathing and shifting their thoughts to their breath for about five minutes.*

8. *Afterward, ask your child to bring their attention back into the room and to open their eyes. Ask them questions about how the exercise made them feel.*

If your child finds this type of meditation practice challenging, that's okay.

Relaxation Techniques

9. Make Time to Cuddle

On days when your little one is sad, distressed, or overwhelmed, you might just want to wrap them up in a big hug to help ease their pain.

You might not feel like you're doing much, however, research shows that the simple action can have a positive impact on your child's overall well-being.



Relaxation Techniques

10. Get Creative and Color

If you have a creative children, then this coping strategy might be a good option for them. All you need is some plain paper or coloring book pages, and some markers, crayons, or colored pencils.

Research shows that coloring can reduce symptoms of anxiety, increase feelings of calmness and safety, and even leave people feeling more satisfied.



Relaxation Techniques

Use Relaxation Techniques for Kids and Adults Together.

These relaxation techniques can be adjusted for children of any age.

You can practice all of these techniques along with your child.



DEVELOPMENTAL PERSPECTIVES

The angry child is like a volcano. It is ready to explode at any moment. When your child gets angry in a situation, it is up to you to manage this process. First, try to understand in which situations your child is angry and take care to keep him out of these situations.

You may find that your child gets angry when you don't get an outfit or item that he/she really wants. You can even see him/her cry. When your child is angry, the first thing you should do is stay calm. Then it will be useful to shift your child's focus of attention to another area. Forcing your child to shut up or shouting at him/her can increase his/her anger and prolong the process. If your child is crying, it would be appropriate to wait for him/her to calm down first and explain why you cannot get the item he/she wants.

DEVELOPMENTAL PERSPECTIVES

Instead of making him/her do what you want, give him/her the opportunity to choose between two options. For example, if he/she doesn't want to wear his/her beret when going out together in the winter, you shouldn't say "*Wear this.*" "*Would you like to wear a gray beret or an orange beret?*" you can ask.

Children may show an angry attitude when they are hungry, tired or sleepy. You can pay attention to his/her living order so that he/she doesn't feel like this.

DEVELOPMENTAL PERSPECTIVES

What reactions can we observe in a state of anger?

- a) Directly observable reactions:** talking loudly, hitting, kicking, being argumentative and aggressive, headache, fast heartbeat, stomach aches.
- b) Indirectly observable reactions:** anxiety, unhappiness and tension, depression, excessive sleepiness.

DEVELOPMENTAL PERSPECTIVES

Exemplary behaviors observed in children /young people who get angry quickly and cannot control themselves:

- *Difficulty waiting the turn*
- *Disappointment*
- *Feeling of loss*
- *Inability to remain calm*
- *Hitting others*
- *Breaking things or toys*
- *Being careless, inconsiderate and hasty, etc.*

DEVELOPMENTAL PERSPECTIVES

How should an individual who exhibits anger and aggressive behavior be treated?

We should offer our children spaces where they can take their tension and express themselves comfortably.

- *Doing sports activities (swimming, gymnastics, volleyball, basketball etc.)*
- *Playing in the sandbox*
- *Playgrounds (except electric ones)*
- *Cycling*
- *Playing games with groups of friends*
- *Joining dance groups*
- *Going on nature walks with the family*

DEVELOPMENTAL PERSPECTIVES

Parents should be healthy models for their children. Children learn many behaviors by observing their parents.

“Hitting or yelling at a child for hitting a friend can lead to negative behavior. We enable them to learn behaviors such as shouting, scolding, resentment, beating, hitting, by observing us for the solution of problems.”

“If a child is scolded, beaten, punished, he/she feels worthless. Feeling worthless also increases the tendency to engage in aggressive behavior towards others.”

CREATING A SUPPORTIVE ENVIRONMENT

How parents calm themselves in the home environment when they feel emotions such as controlling their emotions, anger and anxiety is taken as a role model by children. This affects the resilience of children's psychological development in a positive or negative way. The basic beliefs of children who grow up in a happy and peaceful home environment are positive, they accept themselves as they are, and their self-confidence is strong. Their problem-solving skills are developed and they can overcome the difficulties they will encounter in life more easily.

CREATING A SUPPORTIVE ENVIRONMENT

Some suggestions can be made so that children can express their feelings comfortably at home.

Create A Tolerant Environment

It is important to create a tolerant environment where children feel comfortable and know that all their feelings are allowed, accepted and discussed. Conversations about feelings should be conducted without pressure. Give your child the time and space he needs during these moments. As a parent, you support your child to express their feelings both verbally and nonverbally.

CREATING A SUPPORTIVE ENVIRONMENT

Self-awareness - Transition To Empathy

When we talk about emotions, self-efficacy is strengthened but also understanding is enhanced. The perception of one's own system is the basis for subsequent empathetic action and social competence.

Try To Be Needs-focused And Accept The Child's Feelings

If feelings arise; for example, if your child is very upset and needs a space of his own, you can sit near him. In this way, you signal not only to be 'there' to protect your child, but also to respect their need for space.

CREATING A SUPPORTIVE ENVIRONMENT

Books Are A Great Resource

Get beautiful children's picture books about emotions. This way, you can introduce this complex subject to your child more easily. He/She will also learn what emotions are from the books used, thus further expanding a wide range.

CREATING A SUPPORTIVE ENVIRONMENT

Finally; especially when it comes to 'negative' emotions (eg anger, fear, sadness) children need to learn that these are also normal and do not have to hide them. Observe how you yourself as parents deal with your emotions and explain to your child why you are sad, angry, or particularly happy in this particular situation.

COMMUNICATION SKILLS

In the family, which is the first social environment where emotions are learned, children are not directly taught them how to express their emotions, how to think and how to behave. Rather, the emotional exchange between spouses provides a model for this. The emotions and behaviors that adults show to their children form the framework of children's emotional lives.

COMMUNICATION SKILLS

If parents act aggressively towards each other and children see that the problems around them are resolved through anger and aggression, they learn aggression as a problem-solving behavior. They think that aggressive behavior is a part of life and they put this into practice on their own lives. For this reason, adults should act with the awareness that they are a model for a child at all times while behaving.

COMMUNICATION SKILLS

In addition, it is also important to have healthy communication within the family. The severity of anger may increase in children who cannot express themselves. With this awareness, parents should be sensitive to their children, listen to them and try to understand them. Giving children the opportunity to listen to themselves and communicate in a clear and understandable language facilitates anger management.

When parents have communication skills within the family, it will be easier for them to understand each other and their children better and express themselves more.



COMMUNICATION SKILLS

When we look at the events in which people show aggressive behavior, it is generally because they do not listen to each other and do not understand each other when they do not listen. Therefore, it is important to establish healthy communication between people.

For Healthy Communication;

- 1. *Respect:*** Respecting others means accepting their existence, making them feel important and valuable, and adopting them as they are.
- 2. *To Behave Naturally and Sincerely:*** To act as it is, without exaggeration.

COMMUNICATION SKILLS

3. *Open communication:* It is to share my thoughts with appropriate expressions without implying, offending or attacking, without hiding my feelings.

4. *Sharing:* It is to express similar troubles you have experienced in the past and to share your feelings and thoughts at that time.

COMMUNICATION SKILLS

Effective Communication Skills

Active Listening: A good listener pays attention not only to what the person is communicating with, but also to what they do with their face, hands, arms and body, because communication is also established by using silent messages such as facial expressions, hand and arm movements, body posture, tone of voice.

Effective Questioning: Asking questions is an effective communication skill that reinforces our effective listening skills, enriches communication, and shows the intensity of our interest and attention.

COMMUNICATION SKILLS

Empathy: Empathy is putting ourselves in the other person's shoes and looking at things from their perspective. In order for empathy to be realized, we need to understand that person's perspective, world, thoughts correctly and express that we understand it by using facial and body expressions

COMMUNICATION SKILLS

Empathy is perhaps the most important element of communication. In a sense, it is trying to see the outside world from the other person's window. This shared feeling makes communication strong. It is important to be empathetic and respond empathetically , albeit moderately .

What is more accurate than asking questions of your child who expresses his anger, giving advice, making suggestions, saying "don't worry about it" and ignoring the problem, is to make sentences expressing that you understand him.

In order to be sensitive to children's emotions and to be a good emotion manager, parents should have empathetic listening, help children name their emotions, and identify acceptable and unacceptable behaviors towards solving the problem.

COMMUNICATION SKILLS

In order for children and adolescents to express their anger in an appropriate way;

- When a child or adolescent gets angry, parents should first be calm and try to understand their children. *Being calm can be considered as a prerequisite for healthy communication.*
- The child should be helped to calm down and be made to think about the event that made him/her angry.
- Your own thoughts on this event should also be shared with your children. However, care should be taken that your own ideas are not dominant. *Empathic communication is important for anger management.*

COMMUNICATION SKILLS

In order for children and adolescents to express their anger in an appropriate way;

- Your child should be supported to find a solution to the situation in which she/he is angry. *Solutions should be sought together about the issue that he is angry about by empathizing.*
- When your child solves the situation without turning his/her anger into violence, it should be appreciated.

STRESS AND EMOTION MANAGEMENT FOR PARENTS

Giving the child the opportunity to develop their self-care skills enables them to meet with a sense of responsibility and increase their sense of confidence. Children often observe the behavior of their parents. In this case, it is thought that it is important for parents to manage their emotions effectively.

STRESS AND EMOTION MANAGEMENT FOR PARENTS

Most of the time, stressful situations in business life or at home can also be reflected in the home environment. So what is stress? Stress can be expressed as a state of tension that the person has difficulty in coping with in his/her environment or in his/her own emotion and thought process. Some techniques for stress management will be beneficial both physically and mentally.

STRESS AND EMOTION MANAGEMENT FOR PARENTS

- Learn relaxation techniques
- Be tolerant
- Make sure your diet is balanced
- Learn time management
- Get enough sleep
- Don't forget to have fun
- Be forgiving
- Be hopeful
- Say nice things while talking to yourself
- Try to put everything simply and understand

and SMILE :)

STRESS AND EMOTION MANAGEMENT FOR PARENTS

In order to prevent the negative effects of stress-induced tensions at home on the child, parents should be able to manage their emotions in a healthy way. The emotion management process consists of several stages. In general, four skills are considered important for emotion management.

- 1. self awareness*
- 2. motivation*
- 3. empathy skill*
- 4. social skills*

STRESS AND EMOTION MANAGEMENT FOR PARENTS

1. **Self awareness:** *It can be defined as the ability of an individual to understand their own emotions and mood. Individuals with this skill are aware of what emotions they feel and why.*
2. **Motivation:** *Motivation can be defined as the process by which individuals act with their own wishes and desires in order to reach a goal they have determined. It is the directing of one's emotions towards a goal.*
3. **Empathy skill:** *It is the individual's trying to understand his/her feelings and thoughts correctly by putting himself/herself in the place of the other person during communication and looking at the events from his/her point of view.*
4. **Social skills:** *It is an individual's ability to effectively manage relationships with others. Individuals with high social skills can easily relate to other people, understand their feelings and direct them towards their goals.*

Thank you for your collaboration:

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The end