

Wellbeing Poster

This week we share details from the Child Therapy Service newsletter, highlighting an activity pack they have available on 'anger'. More information available on their [website](#).



Child Therapy Service
Resources - Training - Support

9th January 2023



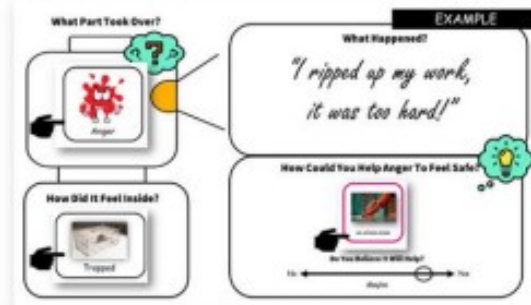
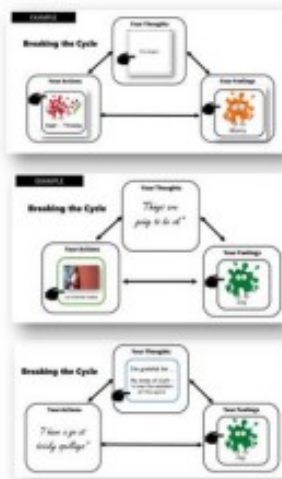
ANGER

Anger is a part of all of us - it is a healthy response to a perceived threat.

However, when this part is not soothed and made to feel safe again. It can take over - impacting on social situations and learning opportunities.

In this resource pack, we provide the child with a systematic visual approach to breaking down the cycle of anger, to get it resolved.

Story + Activity Resource Pack



Breaking down CBT into visual aids – to help children break the cycle of anger

Many activities = great outcomes!



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