



Rage Program

Steps to Help Children Manage Rage:

Step 1:

Set up support services within your school to help you carry out your rage plan and educate all parties involved about the procedure (including parents).

- How will you call for additional adult help?
 - Who will you call?
 - Have the adult who comes watch your class while you help the student.
 - Teach the rest of the class to start S.T.A.R breathing and wishing well as soon as their School Family member is in distress.
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Step 2:

Help children be aware of their rage triggers in the environment and build rage awareness about their bodies. When children are in a relaxed, alert executive state, help them discern where they first feel rage. Print a blank Feeling Buddy from the portal and instruct children to color where the yucky feeling starts in their bodies. Do all their muscles feel tight, do their faces get hot, etc.? Use this information to teach children to recognize when rage is coming on and then teach them ways to discharge the yucky feeling.
