

ANGER/RESPONSE LOG

From Calming Angry Kids by Tricia Goyer

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The trigger:

My child's response:

Who was involved:

How I responded:

Tools I used:

Praise right behavior

Teach how to respond correctly in a non-angry moment

Provide healthy food and rest

Don't escalate with your own anger

Ask, "What's going on?"

Role-play situations to prepare your child

Spend one-on-one time making your child feel seen, heard, and appreciated.

Reward when your child gets it right