



# Gospel Light®

HOME DISCUSSION GUIDE  
for ages 10-12

FALL B  
Lesson 10

## Handling Anger in the Home

*“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Be imitators of God, therefore, as dearly loved children.”*

Ephesians 4:32—5:1

Ever since my kids were little, I let them know feelings are not wrong. Sometimes how we express our feelings can be wrong, but God made everyone with feelings. I tried to help my kids recognize and express their feelings by talking about it and teaching them strategies for dealing with emotions in healthy ways. Here's something we did: we each took turns finishing these statements about anger—I **feel angry when . . . ; I usually express my anger by . . . ; What I'd like to change about when I'm angry is . . . ; I think I can change by doing this: . . .** When you share how you feel and what you do, it can give ideas to your child. You can show that you are also still learning better ways of handling emotions.

### Try This:

Teach your child strategies for controlling words and actions: **Take five deep breaths when you're tempted to lash out. Count slowly to 10 to avoid acting impulsively. Ask an adult for help when you can't handle something by yourself.**