

Dear Parents,

This week in our “Circles” Program, we are looking again at the “Flipping the Lid” model, this time in relation to anxiety. Anxiety often underlies secondary emotions such as Anger. I’m sure you have all seen your children feeling worried or stressed about something but “Flipping their Lid” in an angry outburst about something completely different (and often minimal!). The trick to conquer this behaviour is to focus on what is going on underneath the surface anger response. What worries or anxieties are causing this bad behaviour and how can we support our children to talk about it? If we can “Name it to Tame it”, our brains are more likely to integrate and make sense of the experience and thus can be more calm in making decisions and less reactive.

We will be sharing stories of times that anxiety or stress has been the real cause of an angry response and what makes us feel worried e.g. doing new things, meeting new people, being away from our Parents, going to school. We will talk about things we can do to take some time out when worry is causing us to have a “Loose Lid” and again practice our progressive muscle relaxation and deep breathing.

This promises to be another wonderful week of reflective conversation and increasing empathy for ourselves and others.

Have a great week 4!

Thanks,

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Nurture and Nourish in '19

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