



Colère et frustration | Anger and Frustration

Ressources en français

Livres sur la colère

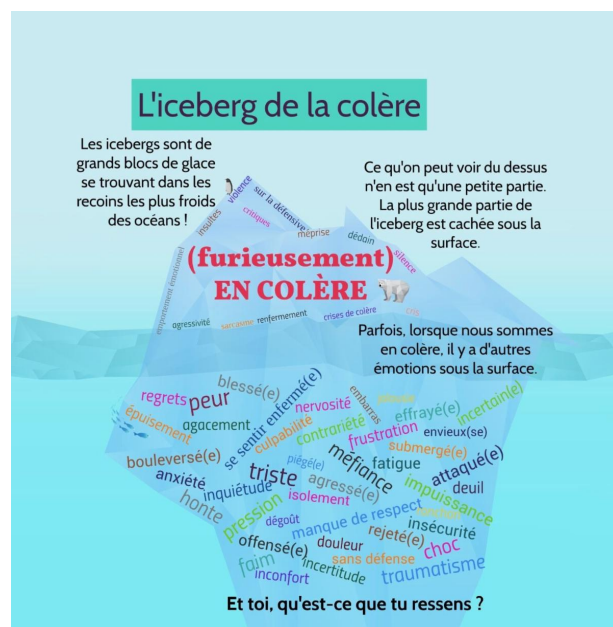
- Grrr!!! : comment surmonter ta colère – Elizabeth Verdick et Marjorie Lisovskis
- [La colère de Ravi](#) – Tom Percival
- [Quand je suis en colère](#) – Piccolia
- [Le livre des émotions "la colère"](#) – Stéphanie Couturier
- [La couleur des émotions](#) – Anna Llenas
- [Le livre en colère](#) – Vincent Bourgeau
- [La grosse colère d'Esther](#) – Emmanuelle Cabrol

Stratégies à essayer avec les enfants

- [Outil : roue des choix pour éviter de taper/mordre/... – Papa positive !](#)
- [Colere dans la famille.pdf](#)
- [Un outil pour exprimer la colère de manière respectueuse](#)

Communication non violente et discipline positive

- [Le respect des limites entre parents et enfants \(sans chantages, menaces, punitions, ordres...\) – Papa positive !](#)
- [Comment exprimer nos limites aux enfants selon la communication non violente \(sans punition, chantage ou menace\) – Papa positive !](#)
- [Tableau de communication pour renforcer les comportements positifs des enfants](#)





Resources in English

Related: [Resources - Setting Limits and Boundaries](#)

Books/Videos about anger

- [When Miles Got Mad](#) by Samantha Kurtzman-Counter, Ruby Vanderzee, and Abbie Schiller
- [When Sophie Gets Angry...Really Really Angry](#) by Molly Bang
- [When I Feel Angry](#) by Cornelia Spelman
- [How to Take the Grr Out of Anger](#) by Elizabeth Verdick and Marjorie Lisovskis
- [Howard B Wigglebottom Learns Its Ok to Back Away](#) by Howard Binkow and Sue Cornelison
- [Llama Llama Mad at Mama](#) by Anna Dewdney
- [My No. No. No Day](#) by Rebecca Patterson
- [Ravi's Roar](#) by Tom Percival
- [The Color Monster](#) by Anna Llenas



Strategies to try with kids

- [Managing Anger — Coping Skills for Kids](#)
- [How to Help Your Child Manage Frustration | PBS KIDS for Parents](#)
- [8 Ways to Teach Teens Anger Management Skills](#)
- [Dealing with Anger in Teens: 12-Step Guide for Parents](#)

Nonviolent Communication and Positive Discipline

- [How to Handle Child Tantrums and Meltdowns | Behavior Problems](#)
- [What's the Best Way to Discipline My Child? - HealthyChildren.org](#)
- [5 Positive Discipline Techniques to Try](#)
- [The Heart of Parenting: Nonviolent Communication in Action](#)
- [8 Ways to Communicate With Your Child Without Yelling | Understood](#)

POSITIVE LANGUAGE ALTERNATIVES *to tame a child's tantrum*

Calm down.	→	How can I help you?
Stop crying.	→	I can see this is hard for you.
You're ok.	→	Are you ok?
Be quiet.	→	Can you use a softer voice?
Don't hit.	→	Please be gentle.
Stop yelling.	→	Take a deep breath, then tell me what happened.
Don't get upset.	→	It's ok to feel sad.
That's enough.	→	Do you need a hug?
I'm over this.	→	I'm here for you.

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THE FRENCH INTERNATIONAL SCHOOL

- [Are You A Jackal Parent? Using Nonviolent Communication In Your Parenting - Shameproof Parenting](#)

Student Resources

- [What To Do If You Are Struggling With Anger | YoungMinds](#)
- [Control anger before it controls you](#)
- [Dealing with Anger and Frustration | Mental Health America](#)