



You are entering a **POSITIVE ZONE**. Please leave Negativity outside



Our School family **WELCOMES** you with a **SMILE**. May we request you to **SMILE** as well



Everyone in the School is requested to **GREET & SMILE** at each other. This will help us to spread positivity around



Kindly talk **POLITELY**, Express **GENUINELY** & relax with **DEEP BREATHS**



Think before you **SPEAK** or **ACT**, Your anger effects everyone around you



Let's **APPRECIATE** each other & avoid **SARCASM** as it can hurt feelings & make things worse



A **CALM DISCUSSION** is better than an angry argument



ACCEPTANCE & FORGIVENESS are powerful tools. Practice these & don't hold grudges against others.



**BE
CHEERFUL**

**THIS
IS AN
ANGER
FREE
ZONE**

Develop **RESILIENCE**, it leads to **CALMNESS**. Keep calm & stay healthy



KINDNESS deeds help us to be **COMPASSIONATE**. Let's be **KIND & GOOD** to **EVERYONE**



Let's focus on fixing the problem together. There is no room for any sort of arguments or nuisance



Regular **EXERCISE, MEDITATION** & listening to **MUSIC** are wonderful cure for **ANGER**



In an angry situation, take a **DEEP BREATH**, drink **WATER** & **INTROSPECT**



Be **THANKFUL** to **GOD** to build on feeling of **GRATITUDE** which helps to manage Anger



ENJOY NATURE around while waiting



SPREAD HAPPINESS around to Help us to maintain this "**ANGER FREE ZONE**"



BE CALM

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Enjoy **NATURE** around while waiting



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ANGER FREE SCHOOL

"Anger management is the process of learning how to recognize signs of anger and taking action to calm down and deal with the situation in a positive way."

....(Mayo Clinic Staff, 2011)

An **Anger Free School** aims to set benchmark for stakeholders to value "freedom from anger".

For creating an Anger Free School, the involvement of all stakeholders such as students, teachers, non-teaching members, parents and community at large is extremely crucial.

Recommendation for Students for an Anger Free School

- **Identify the triggers and stressors (self-awareness):** Students must identify the problem (root cause) and put into words, so that they can *act rather than react*.
- **Give a reality check and Think of potential solution:** It is important to think about the situation. Students must *think of all the possible solution*, like is it worth getting angry about it? Shall I react to the situation?
- **Consider the consequences of the solutions (critical thinking)** It is important to critically think of what is likely to result *Staying calm is always a better option*.
- **Find healthier ways to express your anger:** If the situation is worth getting your reaction, learn to *resolve conflict in a positive way*.
- **Stay calm by taking care of your overall health:** Mental and physical wellbeing can help diffuse anger. Practice relaxation techniques, exercise daily, develop a hobby, and *practice gratitude*.
- **Reflecting upon the decision:** After you have acted and the situation is over, spend some time *reflecting about how it went*. It helps you learn better about yourself.
- **It's okay to ask for help:** If despite putting these techniques into practice it's difficult for you to manage anger **.IT IS OK to ask for HELP**, you can ask your parents ,teachers , counsellor or specialist .

Staff and Families for an Anger Free School

- **Acknowledge that anger can be perfectly normal:** Emphasize that anger can be expressed in a calm and respectful manner.
- **Recognize the difference between anger and aggression:** The two are similar and may occur together, anger may result from frustration whereas aggression is a negative act intended to hurt someone.
- **Teachers to prevent conditions in the classroom that are likely to induce frustration and or anger.** For example, be sure that tasks and expectations are appropriate for the student's age and abilities.
- **Teachers to manage emotions in a positive state before facing a class –** Identify anger and *manage your emotions before reaching the class*

- **Be proactive.** Before an angry outburst erupts, talk with your class about acceptable and unacceptable ways. *Set Ground rules.*
- **Encourage anger-prone children to avoid situations that will cause anger and help prepare them for situations that may be unavoidable.**
- **Teach problem-solving skills.** Stress the importance of listening with both eyes and ears, thinking of different ways to solve the problem.
- **Encourage the child to “slow down” and think before he or she acts.** Teaching children techniques of assessing the situation before acting can reduce these behaviors from occurring.
- **Teach basic anger management techniques like deep breathing, keeping journal etc.**
- **Encourage the student to walk away and “cool off.”** This can help him avoid allowing his anger to overcome him.
- **Be an example.** Model appropriate ways of handling difficult situations and frustration. Give examples of handling by “thinking aloud” when you are angry.
- **Where appropriate, use humor when the child feels angry.** Help diffuse situations by seeing the anger in a humorous light.
- **Compliment the child when he or she demonstrates problem solving or anger management techniques.** It is important to acknowledge the good behaviors as well as the bad.