



A Shower of Emotions Dealing with Moisture Stress

Lesson Guide: Helping Children Deal with Stress and Anger

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This is a mini-lesson for:

- Professionals assisting children or families with anger, stress or related concerns
- Adult and community educators
- Volunteers and family members

Desired Outcomes

As a result of participation in this program, participants will be able to:

- Identify the emotional responses of children to moisture stress or related sources of stress in the family.
- Learn the importance of parental assistance to children dealing with anger and stress.
- List at least five specific ways parents can help children manage anger or stress in their lives.
- Plan to implement strategies to deal with anger or stress among children in the family unit.

Lesson Planning

- Study the information and ideas presented in the lesson guide.
- Plan a lesson introduction, which may include the roll call activity questions or another activity.
- Prepare copies of the handouts.

Handouts

Materials to be made available should include: (1) Lesson Guide – one per trainer; (2) Handouts – “Understanding How Children Respond to Stress and Anger” and “Ideas for Helping Kids Deal with Stress”; (3) Applied Activity Handout – Family Stress Discussion Exercise; (4) Evaluation.

Time Schedule (40-60 minutes)

Introduction (5 minutes)

Roll Call Ideas:

- Ask the questions: (1) What has been your biggest family challenge in dealing with stress? (2) How have your children responded to the circumstances of stress you are facing?
- Share a personal example of helping a child face or deal with a stressful circumstance.

Presentation of Key Concepts (20-30 minutes)

Understanding How Children Respond to Stress and Anger and Ideas for Helping Kids Deal with Stress

Be sure to present this information in your own words.

Learning Activities (10-20 minutes)

RETHINK Anger Management Handout or Family Stress Discussion Exercise

Lesson Review and Program Evaluation (5 minutes)



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To Say:

Have you ever noticed how children respond when you change a family routine? Try abandoning the bedtime story you read each night. Or stop providing a weekly allowance. You'll probably have to deal with some unhappy kids. The point? Children gain security from consistent family patterns and often become stressed or emotionally anxious when such routines change. Change is not unusual, but sometimes families are forced into different routines or must face concerns that upset the balance of family life. This is particularly true when families must deal with the challenges of excessive moisture, whether due to flooding, a leaky roof or too much rainfall.

When a family faces change or upheaval due to conditions like moisture stress, it often results in a "shower of emotions" among children in the family. Children can become frightened, anxious, tired, discouraged and even angry at the disturbances in the family's life. Flooding or water damage that causes difficulties for individuals, families and their homes can leave behind weeks and months of stress to deal with. Adults need to understand how children respond to stress, the importance of being attentive to a child's concerns and how they can respond in specific ways to assist children in managing anger or stress in their lives.

Going Through the Lesson

Lead discussion on "Understanding How Children Respond to Stress and Anger." Discuss in your own words the key points from the handout, including:

1. Children and Moisture Stress
2. Emotional Reactions of Children
3. Symptoms of Child Stress
4. Tips for Handling Child Anger

What is the experience of participants with children and such responses? How do they feel about such children? How do they adjust to them?

Learning Activity — RETHINK Method of Managing Anger

To Say:

Anger causes physical, mental and behavioral responses in a person. Understanding these in your child or yourself can help you gain control over how to manage feelings of anger.

To Do:

Share with participants "The RETHINK Method of Managing Anger" handout and discuss the ideas.

Lead discussion on "Ideas for Helping Kids Deal with Stress." Discuss in your own words the key points from the handout, including:

1. Adults Can Help Kids Dealing with Stress
2. Ideas for Helping Children

Set aside time to specifically think about the conditions in your own family and what things you can do to help your children deal with stress. Make a plan and follow up on the activities. Share what you have done with others who may be facing challenges.

Learning Activity — Family Stress Discussion Exercise

To Say:

Stress seems to leave no person untouched, even children, when it comes to its impact on family well-being. Understanding your own family's experience of stress and how to respond to it can help you learn how to better deal with it. This can be done by communicating about concerns and developing goals to deal with stress.

To Do:

Have participants work through the Family Stress Discussion Exercise. Discuss the goals they would like to set for helping children deal with stress.

Do Lesson Evaluation

Conduct the lesson evaluation that is provided.