

Case study - Anger

February:

Dino crashes into the room with a scowl on his face so fierce that all children who see him exit the area. He is crying and screaming as he stomps in. Amanda, the educator, is following him, calling out, 'Dino, I am talking to you. Come here and do what you are told!' Dino swears at Amanda as he punches at the door and then uses his arm to sweep the drawings from the table.

Cecelia, another educator, makes a space in the book corner and throws a few pillows down on the floor. She points to the area and Dino goes to the space. She comes over, bends to his level and says, 'Dino, you are fine here, I will leave you to calm down'. Cecelia then goes to tell Amanda that Dino is okay and that she can return outdoors.

Dino stays in the space, occasionally pushing the bookshelf with his feet. When he seems to have calmed down, Cecelia comes over and asks if he is okay. She talks to him about how he feels and listens to his story. She tells Dino that it is okay to be angry, but not okay to hurt others or damage things. They read a book together, then Cecelia gives him some ideas of how to manage his anger next time.

At the next staff meeting, the educators all talk about the event and agree that they will try Cecelia's calming method for a month to see if it makes a difference to Dino's frequent outbursts

March:

Dino is playing with Ling, who throws a ball that goes onto the roof of the building. Dino immediately scowls. He then turns to Amanda and says 'I need to go to the cushions'. Amanda knows what this means, so she says, 'Okay, Dino!' Dino goes inside to the cushions and hides his face. Occasionally he gives the cushions a punch and can be heard growling into them. After three minutes, Dino sits up. He gets up and goes back outdoors. Amanda asks if he is okay and congratulates him on how well he dealt with his anger. They then talk about how they will get the ball off the roof.