

SESSION

9

**ANGER MANAGEMENT II AND ABDOMINAL BREATHING
(CHILD ONLY)**

SESSION TOOLS

The following materials are included for you to utilize during Session 9 of this module:

Handout: Parent-O-Meter

Handout: Goal Line

Handout 9.1: Anger Thermometer

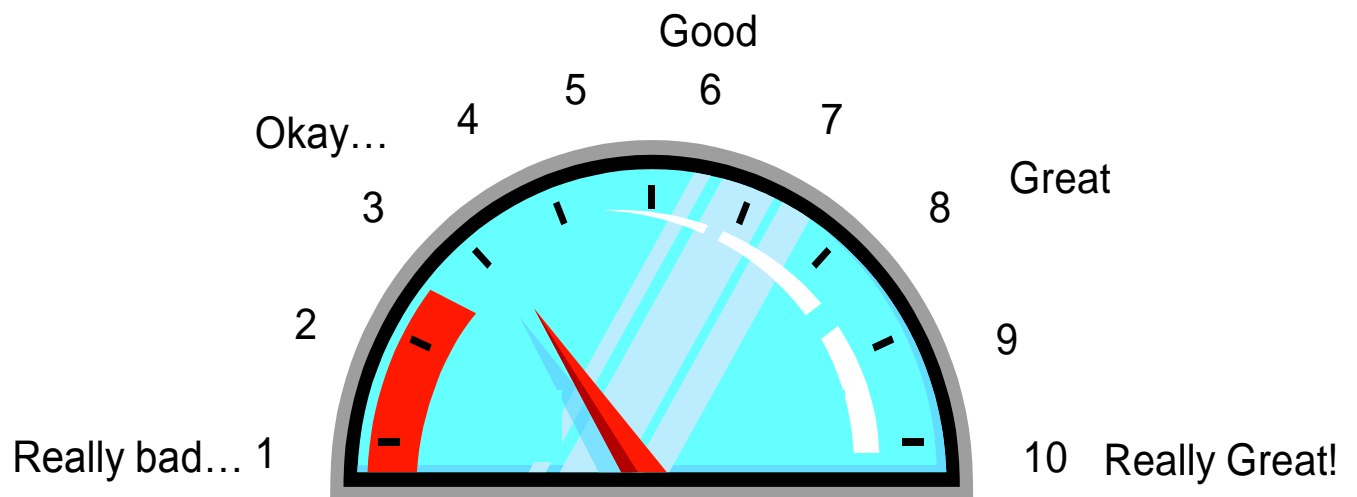
Handout 9.2: Instructions for Abdominal Breathing

Parent-O-Meter

This Week's Goals: _____

How did my parent(s) do?

CIRCLE A NUMBER!



Goal Line



Directions: Place a check mark in the “Progress” Box each time a Goal is completed.

Number	Goal	Progress						
		M	T	W	Th	Fr	Sa	Su
1								
2								
3								
4								
5								

Rewards for Goals Achieved:

Ex., 4 checks for homework done before TV time = One hour of an activity with Mom or Dad

HANDOUT 9.1
Anger Thermometer

INTENSITY

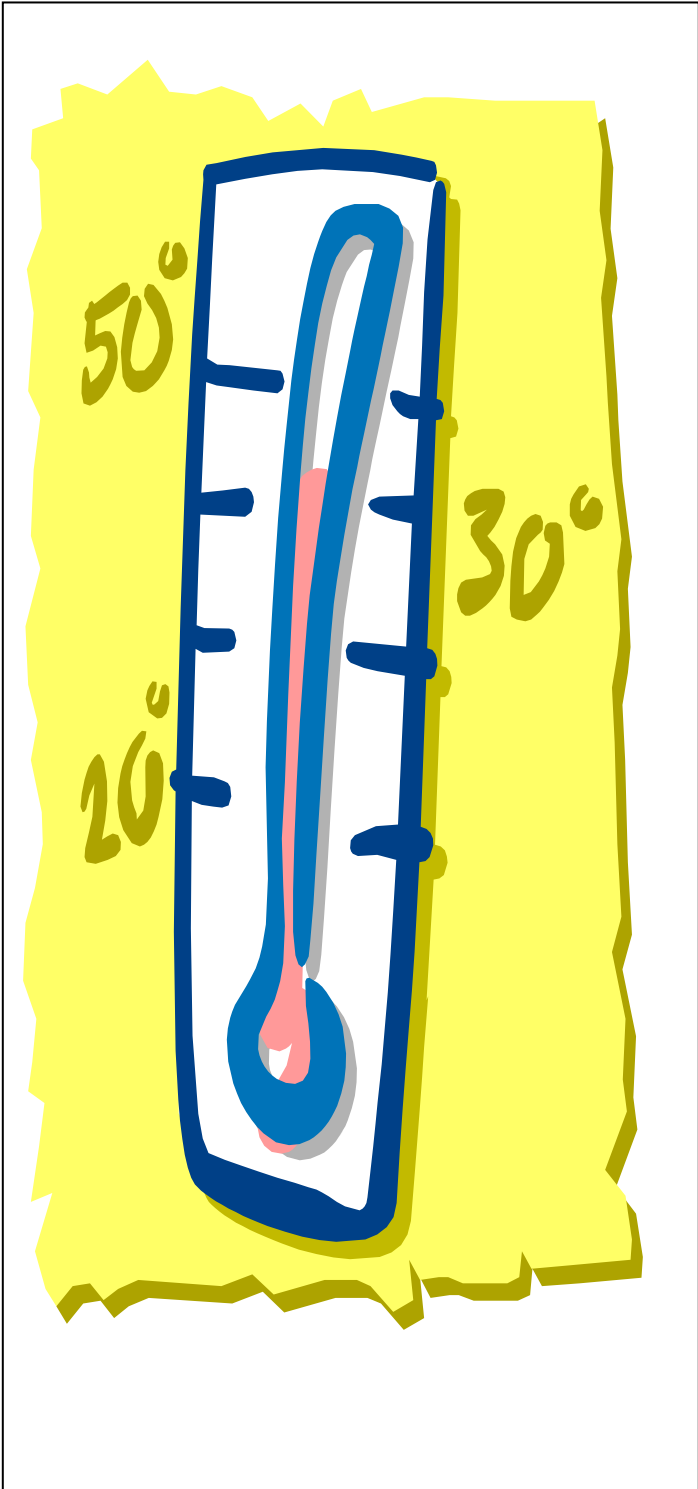
VERY HIGH

HIGH

MEDIUM

LOW

VERY LOW



WORDS FOR ANGRY

HANDOUT 9.2

Instructions for Abdominal Breathing

[Adapted from E. Bourne, 1990]

Inhale slowly and deeply through your nose into the "bottom" of your lungs - in other words, send the air as low down as you can. If you're breathing from your abdomen, your lower hand should actually rise. Your chest should move only slightly.

When you've taken in a full breath, pause for a moment and then exhale slowly through your nose or mouth, depending on your preference. Be sure to exhale fully. As you exhale, allow your whole body to just let go (you might visualize your arms and legs going loose and limp like a rag doll).

Do ten slow, full abdominal breaths. Try to keep your breathing smooth and regular, without gulping in a big breath or letting your breath out all at once. Remember to pause briefly at the end of each inhalation. Count to ten, progressing with each exhalation. The process should go like this:

Slow inhale...Pause...Slow exhale (count "one")
Slow inhale...Pause...Slow exhale (count "two")
Slow inhale...Pause...Slow exhale (count "three")
...and so on.

If you start to feel light-headed while practicing the breathing, stop for thirty seconds, and then start up again.