

Testimonials

“ Student A has shown an improvement in managing his anger for the past month. He has also shown an improvement in his work and attitude ”

*Participant's Form Teacher,
an observation she noticed after
her student attended Storm Riders*

“ I will tell myself: its ok,
I can do better next time ”

*9 year old participant
using one of the positive
coping strategies taught*

“ I will stay calm and cool
and talk to my parents if
they misunderstand ”

10 year old participant

*9 year old
participant*

“ I will explain about the situation to my teacher when
I am accused of doing something which is not true ”

Singapore Children's Society

TWP @ Children's Society

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Children's
SOCIETY
Caring for the Future



STORM RIDERS

An Anger Management workshop for children



Programme Synopsis

Problem-solving and social skills are essential life-skills for children to become socially responsible adults. Some children seem to be constantly angry - struggling with behavioural difficulties as demonstrated by defiance, fighting and name-calling, etc.

It is important that children learn effective ways to manage and regulate their emotions, communicate with each other effectively and equip themselves with positive coping strategies to better manage anger provoking situations.

As such, we have Storm Riders, an anger management intervention programme that targets the various cognitive-behavioural difficulties manifested by children with anger or behaviour problems.

By learning ways to manage their anger, children find their problem behaviours decreasing and their positive coping resources increasing. Hence they are able to gain a more positive attitude towards school and that will in turn contribute to their academic, social and emotional development.



Methodology

Audio-visual aids, games, role-plays and experiential activities are embedded into the programme

Duration

7 sessions x 2 hours each

Dates & Time of Workshop

- 31 Oct 2018 (Wed), 3pm to 5pm
- 3 Nov 2018 (Sat), 10am to 12pm
- 5 Nov 2018 (Mon), 3pm to 5pm
- 7 Nov 2018 (Wed), 3pm to 5pm
- 12 Nov 2018 (Mon), 3pm to 5pm
- 14 Nov 2018 (Wed), 3pm to 5pm
- 17 Nov 2018 (Sat), 10am to 12pm

Target Audience

Children aged 9 to 12

Programme Fee

\$300 per child*

(charges will be waived for those who are receiving financial aid)

*Payment to be made by 26th October 2018 to TWP @ Children's Society

Topics

1. Identification of feelings in ourselves and others
2. Exploring Anger
3. Anger Coping Techniques
4. Empathy & Perspective Taking Skills
5. Building Pro-Social Skills
6. Problem Solving Skills
7. Putting it All Together

*This programme is adapted from: Effective Anger Management for Children and Youth by Yoon Phaik Ooi, Rebecca P. Ang, Nikki Lim-Ashworth, © 2015.

