



**Main Office**  
3444 West Dundee Road  
Northbrook, IL 60062

**Homepage:** www.isrc.us  
**Email:** isrc@isrc.us

**Voice:** 847-559-8195  
**Fax:** 847-559-8199

**Helpline(Voice/TTY):** 800-550-4772  
**TTY:** 847-559-9493

## Resources Available in the ISRC Library about Anger/Aggression

| Title   | Author        | Format | Summary  |
|---|---------------|--------|--|
| 131 Creative Strategies for Reaching Children with Anger Problems: a Practical Resource of Approaches and Activities for Helping Chronically Angry Children (K-8) | Tom Carr      | Book   | This practical guide is full of insight, techniques and activities for managing and helping chronically angry children and ODD children. It provides teachers, counselors, parents and other professionals with numerous helpful strategies for dealing with the challenges they face when attempting to reach these children. |
| Anger Control Activities  | Arden Martenz | Book   | Variety of reproducible activities to help students in grades 1-6 manage their anger. Topics covered include understanding anger, and angry reactions that do not solve the problem.   |
| Anger Control Workbook  | Matthew McKay | Book   | Introduces a new and radically simplified approach to anger control. Step-by-step exercises will aid readers in identifying, understanding, responding to, and ultimately coping with their hostile feelings.  |
| Anger Control Workbook: Exercises to Develop Anger Control Skills   | Berthold Berg | Book   | Topics discussed include knowing when others are being aggressive, knowing feelings related to anger, knowing how victims feel, knowing how others view aggression, and talking to yourself to control anger.  |
| Anger Monster Workbook  | Hennie Shore  | Book   | This workbook contains fifty fun puzzles, word searches and games to help kids understand and express their anger appropriately.   |
| Anger Solution Card Game  | (none)        | Game   | This game was designed to teach children constructive and effective ways to resolve their anger. The cards allow them the opportunity to choose alternatives that can turn anger-inciting situations into more positive encounters.  |
| Anger Solution Workbook   | Lisa M. Schab | Book   | This paperback workbook helps children learn how to work out their problems, lower their level of anger and build confidence in their ability to manage their anger safely. It is packed with fun-filled activities that engage all children.  |

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| Anger: Ten Skills to Control Anger  | (none)                | VHS                          | Topics covered include knowing feelings related to anger, knowing how victims feel, knowing how others view aggression, talking to yourself to control anger, looking for alternatives to aggression, and assertion.                            |
| Defusing Anger and Aggression: Safe Strategies for Secondary School Educators                                       |                       | VHS, DVD, & Booklet          | A staff development video program designed to provide secondary school educators with safe strategies for responding to and defusing potentially serious problem behavior.  |
| Everybody Gets Angry!: a Year's Worth of Activities to Help Kids Control their Anger                                | Ellen Pill            | Book & CD-ROM                | Contains 52 reproducible, hands-on activities to help kids learn to identify, understand, express and cope with their angry feelings. Activities are designed to get kids thinking about their own anger cues and how they express their anger. |
| Exploring Feelings: Cognitive Behavior Therapy to Manage Anger  | Tony Attwood          | Book                         | This book provides a guide for caregivers and then the workbook portion asks children to identify situations that trigger their anger and find appropriate ways to respond.   |
| Explosive Child : a New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children | Ross W. Greene        | Book                         | Explains why traditional parenting and treatment often doesn't work with explosive children, and describes what to do instead. Promotes working with them to solve the problems that cause episodes, and teaching them the skills they lack.    |
| Helping Children with Aggression and Conduct Problems: Best Practices for Intervention                              | Michael L. Bloomquist | Book                         | Describes the most effective interventions for 3- to 12-year-olds with aggression and conduct problems. Interventions discussed include social competence training, parent and family skills building, psychotherapy, and pharmacotherapy.      |
| How I Learned to Control my Temper: a Storybook and Workbook of Activities to Help Children Learn Self-Control      | Debbie Pincus         | Book                         | Storybook/workbook featuring a child who learns a variety of ways to control his temper and finds out how much better he is treated by both adults and other children when he talks things out.   |
| How to Manage Conflict, Anger and Emotion   | (none)                | 6 Cassette Tapes & 1 Booklet | Complete set of 6 audiocassettes plus softcover workbook--all in plastic clamshell case. Focuses on control, confidence & composure in even the most highly-charged situations  |
| How to Prevent and Safely Manage Physical Aggression and Property Destruction                                       | Gary Stephen Allison  | Book                         | This booklet is straightforward and user-friendly. It's a compilation of techniques that teachers can use to prevent, safely manage, and most importantly, teach students alternatives to these health- and life-threatening behaviors.         |
| Jellybean Jamboree : 6 Lifeskill Units for Young Children   | Susan Jelleberg       | Book                         | Lifeskill lessons to help children develop positive social skills, make good decisions, and succeed in life. Each unit contains short, to-the-point lessons followed by fun-to-do activity sheets.  |
| Mad Family gets their Mads Out: Fifty Things your Family can Say and Do to Express Anger Constructively             | Lynne Namka           | Book                         | Helps adults show children how to get rid of their mads in safe ways. Teaches positive communication skills to express uncomfortable feelings.  |
| Peace Curriculum (Expanded Aggression Replacement Training) - Elementary Level                                      | (none)                | Book                         | Topics discussed include empathy, anger control, skill rehearsal, and character education. A variety of techniques (including role play and discussion) are presented to teach students these concepts.   |

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| Seeing Red : an Anger Management and Peacemaking Curriculum for Kids                                      | Jennifer Simmonds   | Book | Curriculum designed to help students better understand their anger so they can make healthy and successful choices. Aims for participants to control their own behavior, and develop skills to manage their feelings.                         |
| Self-Control Patrol Workbook: Exercises for Anger Management  | Terry Trower        | Book | Helps children develop better listening skills, read social clues, understand the consequences of their behavior, learn to express themselves appropriately, deal with name- calling and teasing, and use humor to defuse conflict.           |
| Skillstreaming the Adolescent: New Strategies and Perspectives for Teaching Prosocial Skills              | Arnold P. Goldstein | Book | Shows how to teach 50 prosocial skills like expressing feelings, apologizing, and setting a goal. Skills are divided into areas such as: dealing with feelings, alternatives to aggression, dealing with stress, and planning skills.         |
| Skillstreaming the Elementary School Child: New Strategies and Perspectives for Teaching Prosocial Skills | Ellen McGinnis      | Book | Shows how to teach 60 prosocial skills like asking for help and saying thank you. Skills are divided into groups such as friendship-making skills, dealing with feelings, alternatives to aggression, and dealing with stress.                |
| SOS Help for Emotions: Managing Anxiety, Anger, and Depression  | Lynn Clark          | Book | Learn useful self-help methods from cognitive behavior therapy and gain insight into changing your thoughts and feelings. Knowing the five steps of Emotional Intelligence (EQ) will help you to deal with difficult people more effectively. |
| Strategies for Anger Management: Reproducible Worksheets for Teens and Adults                             | Kerry Moles         | Book | Provides educators and health care professionals the information they need to help teens learn how to cope with anger in healthier ways. Topics covered include understanding anger and interventions for anger management.                   |
| Types of Youth Aggression and Violence and Implications for Prevention and Treatment                      | Richard Van Acker   | Book | Explores the nature and development of aggression and violence in children and youth, especially within the school setting. Also examines typical reactions to aggression and violence within the school.                                     |
| Very Angry Day that Amy Didn't Have   | Lawrence E. Shapiro | Book | This simple but poignant book is an excellent tool to help young children learn alternatives to getting angry.  |