

## Temper Tantrums

**Intro:** Show this clip: [https://www.youtube.com/watch?v=\\_Q5FdzHa0uE](https://www.youtube.com/watch?v=_Q5FdzHa0uE)

Ask students how many have ever seen one of these in action. What runs through your mind when you see one? Reactions?

What do you think causes a toddler to behave this way?

**Pre-Writing/Ticket to Class:** Did this parent act appropriately (in your opinion) in how she handled this child and his tantrum? Explain why or why not.

**Discuss:** Tantrums are caused by a build-up of FRUSTRATION. Toddlers want to do things and explore things without limits or restrictions. They are trying to gain independence. Tantrums can also be a result of being overtired, hungry or bored so it's important to keep children on a regular schedule or routine as much as possible. Honestly, children are not throwing them on purpose to get back at you.

So what do we do when they occur? How do we handle them appropriately? There are a variety of Do's and Don'ts when it comes to dealing with temper tantrums. The following activity will provide you with an arsenal of techniques.

**Activity:** You will each randomly receive a technique for handling a temper tantrum. Every person has a different technique to explore. You will also receive an index card. You will research your technique to determine if it

is appropriate or inappropriate to use to handle a temper tantrum with a detailed paragraph explain why. Be sure to cite your source(s).

Then we will go around the room and have each student share their action and whether it's appropriate or inappropriate and why. We will create a master T-Chart on the board as students present their information. Students will create their own charts in their notes.

*\*Note: Index cards will be used to create a bulletin board about temper tantrums titled "What's a Parent to do When Temper Tantrums Occur?"*

<b>Appropriate DO's</b>	<b>Inappropriate DON'TS</b>
Remain Calm	Bribe or Reward
Ignore the Tantrum	Give In
Be Consistent	Be Inconsistent
Set Boundaries/Limits	Reason with Child
Express Words/Feelings	Spank or Punish
Have a Sense of Humor	Say "NO" all the time
Model Positive Ways to Deal with Frustration	Yell
Hold them	Say "It's OK"
Leave the Store/Restaurant	Be really strict

**Conclusion/Exit Ticket:** Revisit the temper tantrum clip shown at the beginning of the lesson and ask the students "Did this parent act appropriately (in your opinion) in how she handled this child and his tantrum?" Explain the appropriate and inappropriate techniques used.

## Bell Ringer: Ticket to Class

Based on what you know about temper tantrums, Did this parent act appropriately in how she handled this child and his tantrum? Explain why or why not.

Admit One

Admit One

## Exit Ticket

Based on what you've learned about temper tantrums, Did this parent act appropriately in how she handled this child and his tantrum? Explain the appropriate and inappropriate techniques used.

Admit One

Admit One

## Temper Tantrum Techniques (Do's & Don'ts)

Cut apart the tantrum techniques and place in a container for random selection.

<b>Remain Calm</b>	<b>Ignore the Tantrum</b>	<b>Be Consistent</b>
<b>Hold Child</b>	<b>Set Boundaries/Limits</b>	<b>Express Words/Feelings</b>
<b>Have a Sense of Humor</b>	<b>Model Positive Ways to Deal with Frustration</b>	<b>Leave the Store or Restaurant</b>
<b>Give in</b>	<b>Bribe or Reward</b>	<b>Be Inconsistent</b>
<b>Reason with Child</b>	<b>Spank or Punish</b>	<b>Say "NO" all the time</b>
<b>Yell</b>	<b>Say "It's OK"</b>	<b>Be Really Strict</b>