



Anger Management & Bullying Checklist for Schools

This checklist has been designed for teachers, SENCOs, and support staff to help manage anger-related behaviour and prevent bullying in schools. Use it as a practical guide during classroom challenges, pastoral meetings, or student support sessions.

Key Points for Managing Anger in Schools:

- ☐ Recognise early signs of anger (clenched fists, raised voice, pacing)
- ☐ Encourage open dialogue about emotions
- ☐ Teach calming techniques like deep breathing
- ☐ Use positive reinforcement for self-control
- ☐ Establish clear and consistent boundaries
- ☐ Encourage creative or physical expression

- [] Engage pastoral teams and SENCOs where needed
- [] Monitor digital behaviour and online interactions
- [] Refer for professional help if anger or bullying escalates

Recommended Resources:

YoungMinds: youngminds.org.uk/parent/parents-a-z-mental-health-guide/anger/

Place2Be: place2be.org.uk

Childline: childline.org.uk/info-advice/your-feelings/feelings-emotions/anger/

Family Lives: familylives.org.uk/advice/bullying/

NSPCC: nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/

If you found this checklist useful, please consider supporting Act Against Bullying. Your donation helps us provide more resources like this to UK schools and children who need support.

