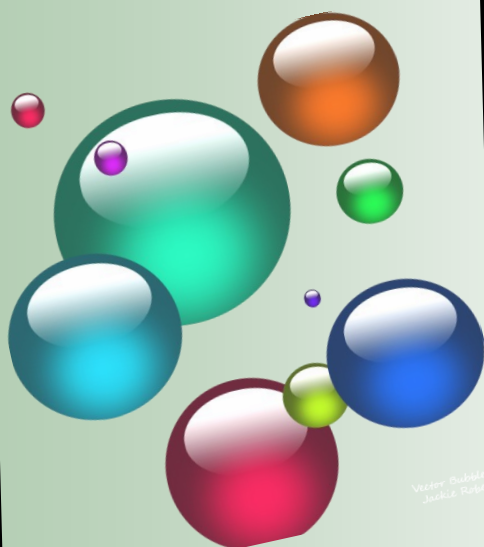


**Bursting Angry Bubbles®  
2019**

**An innovative course  
that helps teach children  
how to turn anger and  
negative emotions into  
positive outcomes!**



Caboolture Neighbourhood Centre  
9 George Street  
Caboolture Q 4510

Family and Relationship Support  
Service (**FaRSS**)

Ph: 5495 2571

Fax: 5432 9308

Email: [ccabss1@caboolturenhc.com.au](mailto:ccabss1@caboolturenhc.com.au)



Funded by



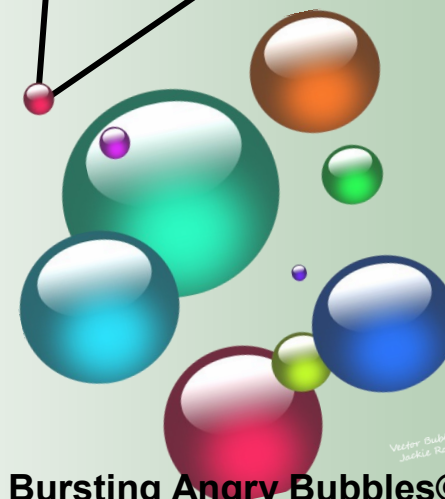
Queensland  
Government

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Neighbourhood Centre Caboolture Inc.

PO Box 1667, Caboolture Qld 4510

**FaRSS**  
Family and Relationship  
Support Service



**Bursting Angry Bubbles®**

**In-School Program**

**2019**

**Helping children learn  
how to turn anger and  
negative emotions  
into positive outcomes**

**Phone: 5495 2571**

Updated: 20/09/2018

Bursting Angry Bubbles®

Learning is the  
key to change



**Bursting Angry Bubbles®** is an innovative program for children turning 7-12 years within that year.

The 8 week course aims to help children understand anger and negative emotions and to learn new skills in handling their behavior. The first step in this program is to teach children that anger is normal but it is how to react that makes the big difference.

Teaching children that set backs and obstacles can make them stronger and more resilient. Resilience embraces the ability of a child to deal more effectively with stress and pressure, to cope with everyday challenges, to bounce back from adversity, trauma, to develop clear and realistic goals, to solve problems to relate comfortably with others, and to treat oneself with respect.

Children often respond with anger because they feel helpless, lonely, embarrassed, isolated, anxious or hurt. Anger can also be a reaction to frustration.

### What will be covered during the course:

- **What is anger?**
- **Why do I get angry? (*cause and awareness*)**
- **Looking for solutions and problem solving**
- **Practicing change and using new tools with confidence.**
- **Respect/empowerment and inner peace.**

**This program uses a number of holistic modalities to assist children gain positive outcomes.**

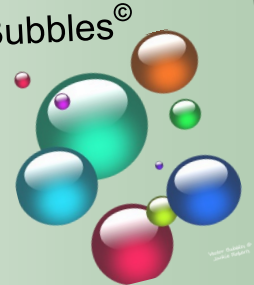
### When and Where?

Local Primary & High Schools  
as requested

### **Bursting Angry Bubbles®**

In-School Program is an  
8 week course  
during school term

Bursting Angry Bubbles®  
Learning is the  
key to change



**For bookings phone:**

**5495 2571**