

# Beam

## Boxing Exercise Anger Management



BEAM sessions cover:

Anger mapping & anger body clues

Anger triggers and red mist

Consequences of anger actions & life goals

Throughout the programme the participants will be

provided with a variety of coping strategies for their anger

BEAM is a programme that has been developed to

encourage young people to recognise how their behaviour

is a consequence of their thoughts and feelings.

BEAM is delivered as a group session

Age range 8-16 years.

For further information or details please contact:

**Butterflies Family Hub, Normanton- 01924 307835**

**Oakhill Family Hub, Featherstone— 01924 723942**

[Wakefieldfamiliessttogether.co.uk](http://Wakefieldfamiliessttogether.co.uk)

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