



11. The Shaker Jar

Finding strategies that put some time between the frustration and the angry response is critical. Young Max taught me one that worked for him. Max's dad cleaned up a plastic peanut spread jar, took off the label, renamed it "Shaker Jar," filled it with water, and then added some of those snowflakes that are used in the Christmas decorations called "snow globes." When Max could feel himself getting angry, he would go to his jar and shake it again and again and then do slow breathing to help the flakes settle to the bottom. (Parents, of course, could use any safe ingredient that just took a bit of time to settle.) It really worked for Max.

Postscript: All of these resources do have their limitations. Unfortunately, Max was in trouble again at school the other day for hitting another boy. It turned out that this boy had run off with his Shaker Jar, and that was too much for Max!

