

CONTROLLING OUR FEELINGS



Self-Discipline is:

- * Controlling yourself so that others don't have to control you.
- * Getting rid of bad habits and replacing them with good ones.
- * Restricting how much time you spend on certain activities.
- * Making yourself do things that are healthy or good for you.

LEARNING OBJECTIVES:

I know different ways that I can control my anger, so that it does not harm me and I do not hurt others.

Suggested Resources:

Hands are not for hitting by Martine Agassi. (Longer 'good behaviour' paperback, rather than simpler 'best behaviour' board book.) Online reading available.

Script:

"Who can remember what we learned about anger last week?" Encourage the children to talk about what it feels like to be angry and what it feels like to be calm. Why is the feeling of anger not a good thing? Listen to the story *Hands are not for hitting*. Pause at page 13. Discuss how it is sometimes difficult to calm down. What can we do to help us to be in control of our feelings and to be calm again? Model the angry pose and say "I feel angry. What can I do?" An assistant replies "Make your body calm and relaxed". You model physically trying to, but then say "I'm so angry, I cannot!" Children work in pairs. One adopts an angry pose and says "I feel really angry. What can I do?" The other child suggests an idea. Swap roles. Listen for good ideas from the children.

Character Coaching

Guidance:

Remember to practise self-discipline. Think about the 'picture' on your palm so that you know what to do to be calm again.

Ask the children what would be the best thing to do in that situation. Examples might be telling an adult the problem, explaining with words why you are angry and sorting out a solution or walking away and finding a quiet place to calm down.

Children draw an outline of their hand. In the palm, they draw a picture of what they think would be their personal way to control anger and calm down. Explain that everyone has their own way that works for them and that their picture might be different to their friend's.

Remind them that when they are angry, they can look at the 'picture' on the palm of their hand to help them visualise their calming down picture. Model an angry tense pose and then look at the palm of your hand and act on it.

Finish by completing the reading of the story, *Hands are not for hitting*.

Meaningful Praise:

You made a good choice when you found somewhere quiet to calm down. Well done.

Correction:

Next time, remember to look at your palm, so that you know what to do to calm down.

