

# WHAT IS ANGER?



## 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 about the emotion of anger. I know that being angry is not good for our bodies and can make us want to be unkind and hurtful to others.**

## Suggested Resources:

Image/s of an angry child. Images/s of abstract painting showing anger. Paper and pencils, crayons.

## Script:

“What emotion/feelings is the child in the picture showing? What other words can we use to describe that feeling? (Angry, cross, mad, grumpy, annoyed, irritated etc..) How can we tell that the child is angry? What is it about their face or body that tells us they are angry? Can everyone try to look angry and hold that pose for 5-10 seconds? What does it feel like? Does your body feel comfortable? Now make your face and body into a calm pose. How does that feel?” Alternate between angry and calm a few times. Discuss how feeling angry is not good for our bodies.

## Character Coaching

### Guidance:

It can be difficult to find ways of calming our anger. Who do you know who can do it? What do they do that you could do too?

### Meaningful Praise:

You managed to calm yourself even though you were frustrated and angry. That took a lot of effort: good for you.

It makes us feel tense and tight instead of calm and relaxed/floppy.

Explain that when we are angry and feeling tight and scrunched up, it sometimes makes us want to hurt the people who have upset us. What might we do? Discuss hitting, kicking, pinching, shouting, name calling. Explain that to stop this we need to get our faces and bodies back to being calm and relaxed.

Look at a few images of appropriate abstract paintings on the theme of anger. Why are they mostly red? What makes the paintings look angry? (Red colours, jagged, explosive lines etc.) How would they paint a calm, relaxed picture? What colour would it be? What shapes would it have? Children can draw two pictures side by side, contrasting angry and calm.

### Correction:

I know how hard it is to stop feeling angry sometimes. How can I help you to find ways of feeling less frustrated and angry?