

Community Activity – Tuesday, January 19, 2016 –

Facilitator: Fran Hewitt

Today's concept: Dealing with feelings of ANGER!

- Objectives:**
1. To identify what makes you angry
 2. To explore how you deal with angry feelings
 3. To examine positive and negative methods for dealing with anger

Part 1: In your snack room, complete the following activity:

Ask the children to complete the "I feel angry when..." work sheet.
(15-20 minutes)

Part 2: After the children answer, "What makes you angry?" (15-20)

Then, use chart paper to list the children's responses.

Use the left side to list "what" makes you angry. The right side of the paper will be used to list the "how do you deal with what makes you angry?"

Here is a list of possible answers.

- *getting hurt emotionally by a friend
- *getting teased
- *being embarrassed
- *being left out of a game
- *failing or struggling with a situation
- *arguing about possessions with a sibling or friend
- *loss of control of a situation and not knowing what to do
- *being cheated/lied to
- *being told what to do by your parents/adults
- *being annoyed by a sibling

Part 3: Dealing with angry feelings (15-20)

Read the list of "what makes you angry?" to the group. For each item on the list, ask the children "how do you deal with..." There will be a variety of solutions.

A. Here is a list of negative ways that children may deal with feelings of anger:

- *Keep the feelings inside; internalize the emotion
- *Not know what to do with the feeling and cry, yell, stomp feet
- *Say negative things about one's self (I'm not good, I'm a loser, etc.)
- *Physically hurt one's body by hitting head, pulling out hair, picking at skin
- *Overeating

*Insult/belittle/tease other children

B. Here are ways to constructively deal with angry feelings:

*Think it out in a "quiet" place

*Talk it out with an adult/ trusted friend

*Do a creative activity

*Meditate, practice yoga, relaxation techniques

*Get active by doing a sport

*Write it out/journal

*Figure out the "source" of your anger

*Use "conflict resolution" to express to your feelings ("I statements")

I feel _____ when you _____ because _____.

Be specific about your emotions, give details, tell why you feel as you do

Practice using "I statements" with the children to practice expressing feelings such as anger. (15-20 minutes)

Name: _____

I-Message Work Sheet

I feel _____
(Be specific about your emotions. You can use more than one word.)

When you _____
(Give details about how your friend has acted, what he said, what she has done)

Because _____
(Why do you feel this way?)

Now, put the three parts together and write it as one sentence:

Name: _____

Date: _____

My Anger Triggers

What makes you feel angry? List as many triggers as you can for feeling angry.

