

Learning Objective: To teach children to deal with anger in peaceful, verbal, and nonphysical ways

Skill: Emotional control

Ask the group, "What does it feel like to be angry?" and/or "What makes you angry?"

Tell them:

Everyone gets angry, and dealing with your own angry feelings isn't easy. First, you have to recognize "triggers," or things that make you angry. You have to know why you are angry. When you are aware of these triggers, you can learn to stay calm and in control. You can learn to deal with your anger peacefully, using words, thoughts, and nonthreatening actions instead of physical means.

Distribute Activity Sheet 42. Have the children fill it out and share their experiences and choices of constructive ways to manage their anger.

Name _____ Date _____

Think of a recent situation in which you were angry and didn't manage your anger well. What happened? How did you react? Write about it here:

Now choose a sign that would have helped you deal with your anger in a more constructive way, and fill in the blank.

**IT'S
NO BIG DEAL
BECAUSE**

**I'LL TAKE A DEEP
BREATH AND I'LL FEEL**

**I CAN KEEP
CALM BY**

**I'M WALKING AWAY,
AND THAT MAKES
ME FEEL**

**I CAN
THINK OF
SOMETHING
ELSE, LIKE**

**I
CAN TALK
ABOUT MY ANGER
WITH**
