

# Dealing With Another Person's Anger\* ACTIVITY 43

**Learning Objective:** To teach children to deal with another person's anger in a constructive, nonthreatening manner

**Skill:** Coping

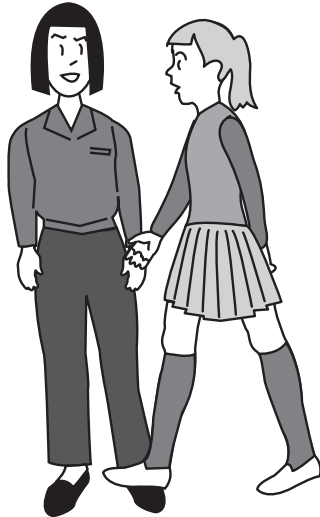
Ask the group, "Have you ever had to deal with another person's anger? Was it hard to know what to do?" As children offer their insights and reactions, write them on the blackboard or a large sheet of paper.

Tell them:

*When someone is angry with you, it's easy to become angry yourself. But it's important to remain calm, listen to what the person is saying, respond in a quiet voice, and even try to negotiate or explain your point of view.*

*Wait until the person is finished talking and ask why he is angry. Doing that will help him sort out his feelings, and he may even find that he's not really angry with you—maybe he's just taking his anger out on you. But what if he is actually angry with you? After listening to his answer you can either apologize (if you agree that you did something wrong) or talk about what happened and give your point of view (if you don't). If you find yourself losing control and becoming angry, you should walk away for a while, saying something like "We're both angry now. Let's talk about this later."*

Distribute Activity Sheet 43. Choose two children to role-play each scenario. After the role-plays are completed, discuss the differences between the angry confrontations and the modified versions. Ask how each child felt in each version.



Role-play this scenario for the group.

Leigh: Hey, you stepped on my foot!

Marie: I did? I didn't realize it.

Leigh: Are you kidding? It really hurts!

Marie: Hey, I said I didn't realize it!

Role-play this modified scenario for the group.

Leigh: Hey, you stepped on my foot!

Marie: I did? I didn't realize it.

Leigh: Well, it hurt.

Marie: I'm sorry. I didn't mean to step on your foot.

Leigh: That's okay.



Role-play this scenario for the group.

Sarah: I'm so mad. I got a D on my test.

Jake: I got an A.

Sarah: How did you get an A? That's not fair!

Jake: I studied hard and it paid off.

Sarah: That's still not fair!

Jake: Oh well, there's nothing you can do about it now, can you?

Role-play this modified scenario for the group.

Sarah: I'm so mad. I got a D on my test.

Jake: I got an A.

Sarah: Really? How'd you do that?

Jake: I studied really hard. Next time we can study together if you want.

Sarah: That would be great. Thanks.