**HOW TO HANDLE YOUR ANGER**

 1.  STOP. . . Count to ten. Take a deep breath. Or walk away until you have calmed down.

 2.  SAY. . .  what's wrong. Use your words to say what you don't like.

 3.  TELL. . . what you would like to have happen.

**DISCUSSION QUESTIONS**

**If you are using the video, ask the first three questions before viewing.**

1.  What are some things that make you angry? (Make a list.)

2.  Is it okay to get angry sometimes? When?

3.  How do people act when they are angry?

4. Does losing control of our anger make things better or worse? What happens when we lose control of our anger?

5. How can you tell when you are losing control of your anger? What can you do to calm down?

6.  What are some good ways to get rid of anger?

7.  How can you tell when someone else is getting angry? What are some of the warning signs? Does everyone have the same warning signs?

8.  What are some good ways to handle someone else's anger?

**STUDENT ACTIVITIES**

1. Teach children how to relax and calm down with relaxation exercises.

**Breathing Deeply:** Have the kids take a deep breath while counting to five. Then as you count back to one, have them slowly release the air.

**Muscle Relaxing:** Have the kids pretend to become frozen by slowly tightening each part of their bodies until they are "frozen solid". Then, let them "thaw" by relaxing each part of their bodies and allowing their anger to melt away.

**Combined Breathing and Muscle Relaxing:** Have the kids pretend they are balloons filling up with air. As you count to five, they slowly breath in and fill up their balloons, stretching and tightening their muscles. Have them hold it a few seconds. Then, as you count back to one again, have them release the air and relax their muscles as though their balloon is deflating.

2. Have students identify ways in which they handle their anger in positive ways. List these on a chart. Post the chart in the classroom and refer to it when situations arise.

3. Role play situations that create anger. Younger children may use puppets. Have students show how they would react in each situation. Discuss how controlling their anger can change the situation and role play it again. Examples of some situations are:

a) Your friend teases you about your hairstyle.

b) You find out that your best friend has gone roller skating with someone else and didn't invite you.

c) Your sister or brother borrows your favorite sweater without asking.