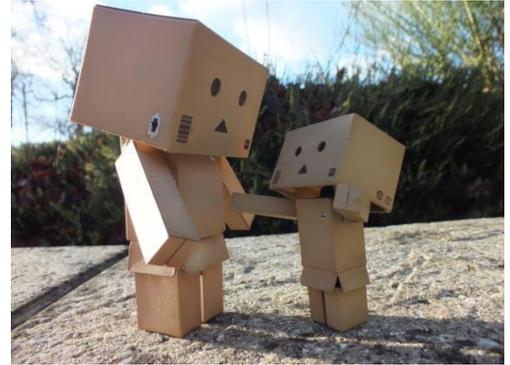


Strong Emotions: Angry

Session Objectives:

To describe how to calm down after being angry



Session Outcomes

- ✓ To understand that 'angry' can be experienced at different levels
- ✓ To be able to use a variety of words to describe anger
- ✓ To create an angry monster and describe how to calm it down.

Lesson Plan:

1. If they feel comfortable ask them to draw a picture to show a time when they became angry or cross. If they don't feel comfortable sharing a time when they felt cross ask them to draw a picture of someone else when they were cross. This could be an imaginary picture or a picture relating to a story they have read.
2. Help the children talk about this angry or cross feeling. What does it feel like? Where do they feel it first? What ways do they use to manage it?
3. Ask them to share who helped them calm down and what they did that was helpful. Work together to create a list entitled Supportive ways of helping someone who is cross or angry and Unhelpful ways of supporting someone who is angry or cross.
4. Read the Red Beast by K.I Al-Ghani.
5. Discuss this with the children.
6. Ask the children to work in groups and give them the thermometer. Work together to come up with as many words as you can that mean angry. Ask the groups to put the words on the thermometer to show most angry to least angry.
7. Discuss as a group how to get from one level to a calmer level and ask the children to describe the strategies they use.
8. Ask the children to draw their own Angry Beast and then to complete the Angry Monster Fact Sheet and How to Tame the Angry Monster. This can be done individually or in pairs.
9. Share their Angry Monsters and the strategies they could use to tame them.
10. Some children may enjoy using small imaginative play figures to act out a story about their angry monsters.

Resources:

1. Large flip chart
2. Pens for flip chart
3. The Red Beast by K.I.Al-Ghani
4. Angry Monster Fact Sheet
5. How to Tame the Angry Monster
6. Thermometer
7. Angry words

Important Points:

Anger is an emotion all people experience.

Strategies to help us calm down.

The Thermometer activity can be used to develop language linked to a range of other emotions and not just angry.

Angry Monster Fact Sheet

Food

Habitat

Picture

Description

Characteristics

All about the Angry Monster

How to Tame the Angry Monster

Resources

Step one

Step Two

Step Three

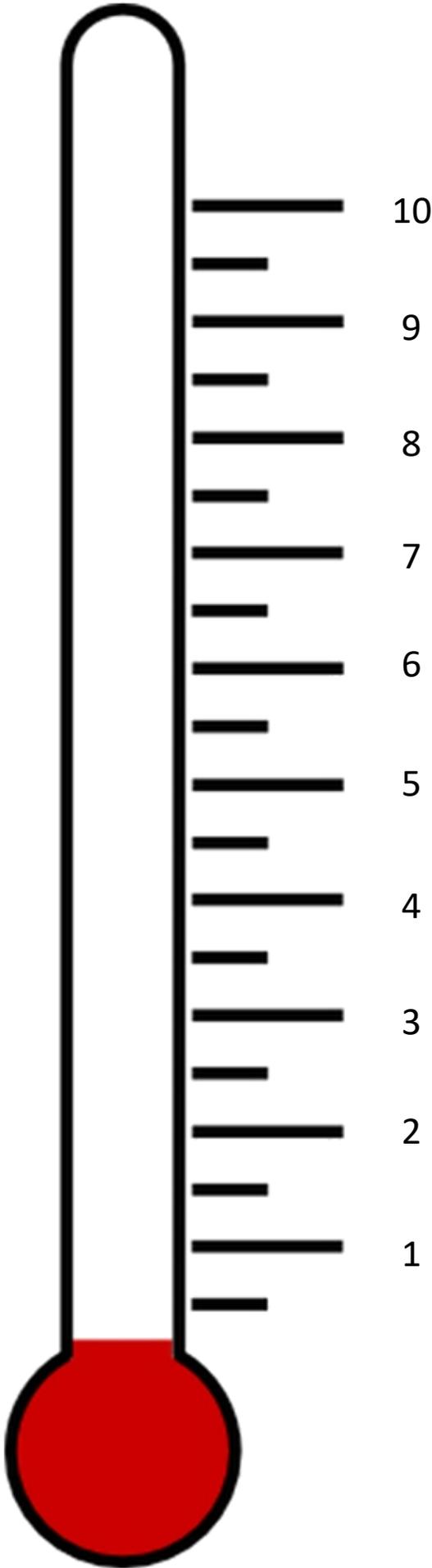
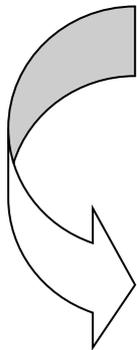
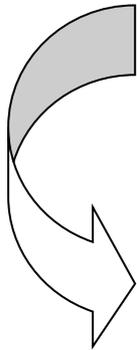
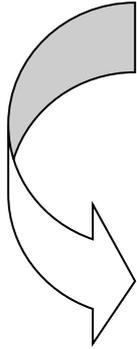
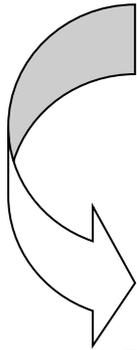
Step Four

Strategies:
1.
2.
3.

Strategies:
1.
2.
3.

Strategies:
1.
2.
3.

Strategies:
1.
2.
3.



Angry

Cross

Tetchy

Irritable

Explosive

Rage

Furious

Irate

Seething

Infuriated

Incensed

Livid

Apoplectic.

Murderous,