

## RELATIONAL TEACHING FRAMEWORK

**Title** : Anger Management

**Area** : Relational Teaching

### Process

#### Check in

Draw a picture to describe how you feel now.

Share with members of the circle

Start with Name → Picture → Feeling

Debrief: How you feel can affect the way you relate to an incident or a person. If you are feeling down on a particular day then you may react quite differently from the way you usually would when you are happy. Every one of us has different feelings. Today we will discuss about one feeling that most of us would have experienced at some point of our life, which is about feeling angry.

#### Mixer

Silent Statement –

- Stand up and exchange places if you get angry when someone takes your belongings without your permission
- Stand up and exchange places if you get angry when someone takes credit for the work you do
- Stand up and exchange places if you get angry when someone calls you names
- Stand up and exchange places if you gotten angry at least once in your lifetime

(Participants can also be asked to come up with silent statements “Stand up...if you get angry when.....)

#### Activity

Participants to be numbered 1 to 4. 4 groups to be formed to share the following

- One incident that made you angry and how you coped with it



## Feedback

- One spokesperson to share the ideas and teacher to write down the various coping mechanisms.
- Teacher to highlight the list of possible coping mechanisms to manage anger

## Energiser

### Energiser related to anger management

Teacher to take pupils through an activity of counting 1-10 to calm down. Participants to close their eyes and follow instructions.

“Close your eyes. Someone has made you angry and you are upset. Make slight movements with your hands. The more you think about it you seem to get angry. (tap faster) You think that the person has been unfair and you are really angry with this person. Stamp your feet as you tap your hands. You are really angry and you feel like getting back at this person. Clinch your fist and tap faster. Now you want to take control of your emotions so you count 1- 10. (Teacher to count slowly ) Participants to slow down as they focus on the counting. At the end of 10, say “Blow out your anger”.

### Alternative energizer

Place a rope in the form of an island big enough for all participants to get in. Shout out ‘in’. All participants must try and get in. Then shout, “out”. All participants must get out. Once the participants are out, the teacher must make the island smaller. The teacher should continue the activity until everyone can get into a very small island.

## Check out

Participants to share

- One way I can try to manage my anger is.....