

RELATIONAL TEACHING FRAMEWORK

Title : Anger Management

Area : Relational Teaching

Process

Check in

Sentence Completion:
I get angry when

Mixer

3 movements - to change the dynamics of the group.
Questions asked: Stand up if you have been angry before.
Change places if you were angry last night or this morning.
Change places if you are usually able to manage your anger

Activity

Pair Share
Share an incident when you felt angry or when you witnessed someone getting angry.
In groups of 4,
Report on your partner's sharing. Discuss how else you would manage the anger differently.

Feedback

One member to report on the different ways of managing anger.



Energiser

Rain Dance – clap your hands and stamp your feet as you narrate the sounds of wind and rain in a thunderstorm.

Check out

Sentence Completion:
One strategy / way I have learnt to deal with anger is