

## Anger

**Purpose:** The purpose of this activity is to help students understand that people react differently to the same situation, and that there are appropriate ways to express and resolve anger.

### **Instructions:**

1. Show or refer to a short movie clip of characters dealing with anger
2. Start by stating: *Anger is an emotion that everyone feels but it can sometimes cause problems when expressed. We are looking for appropriate ways for people to express anger.* Ask students to share problems that can result from expressing anger. Ask students to share benefits to expressing anger positively.
3. Write the following open ended sentences on the board and instruct students to write their responses on paper. Students should answer the questions independently. Allow students to share their responses and discuss additional ways students can safely resolve and express anger without hurting self or others.

### Open Ended Sentences:

Some of the things that make me angry are

A person can make me angry when they

Something that frustrates me often is

The first thing I do when I am angry is

When I am angry, sometimes it helps to

People who get angry all the time do not understand

Too much anger and frustration can