

Children's Connection Curriculum

Session Topic: Self-Esteem – Feelings (When I Feel Angry)

Developmental Level: Elementary or Middle School

Purpose: To familiarize children with their feelings of anger; to teach children to recognize their anger as an important body signal; to teach children appropriate ways to respond to and deal with their anger.

Materials Needed: Accompanying book Just Because I Am by Lauren Murphy Payne, M.S.W, Paper or tracing paper so children can trace the Body Outline or draw their own, Colored pencils, markers, crayons, etc., Copies of the Body Outline, the Angry Cloud, “25 Healthy Ways to Express Anger” and “When Your Child is Angry”

Description of Session:

Read part or all of Just Because I Am prior to activity options listed below.

1. **Body Outline:** Give each child a Body Outline or time and materials to create their own. Have children identify the places in their bodies where they feel anger. Have them label the outline, “Anger”.
2. Give each child an Angry Cloud. Talk with the children about how anger is like a storm cloud. Explain that their anger can be released like the rain. Talk about ways to get anger out of your body. Explain acceptable and unacceptable ways to release anger, utilizing the handout, “25 Healthy Ways to Express Anger”.
3. Ask the children, “When you’re angry, who can you talk to and tell about your anger?” Help the children identify adults who can help them to process their angry feelings. Instruct the children to take their Angry Cloud home with them. Suggest that when they are having an “Angry Day”, they can post the Angry Cloud on their bedroom door or some other prominent place to alert family members. If there is time, you may want to let them color their cloud pictures.
4. Send home to parents a copy of the two Home Handouts for this lesson, “25 Healthy Ways to Express Anger” (p.21) and “When Your Child is Angry”. You may choose to include a note to parents encouraging them to talk with their child about anger and explaining how important it is to affirm all of the feelings their child has.

Discussion Questions:

1. What does it feel like when you get angry?
2. Where do you feel anger in your body?
3. What can you do when you are angry to let out your angry feelings?
4. What is not okay for you to do when you’re angry?
5. Who can you talk to and tell about your feelings when you are angry?

Reference: A Leader’s Guide to Just Because I Am by Lauren Payne, M.S.W., and Claudia Rohling, M.S.W., p. 18 - 22