



JACK AND THE DETECTIVE SESSION PLAN

IMPORTANT THINGS TO REMEMBER ABOUT GETTING ANGRY

(30 – 40 MINUTES dependent on discussion time)

OBJECTIVE:

To learn to deal with angry feelings in appropriate ways.

MATERIALS:

Animated film clip 'Jack and the Detective', 'Angry Selfie', 'Anger Bar Managing Anger' and 'Happy, Calm Picture' worksheets. Pens and coloured pencils.

ICE BREAKER ACTIVITY

Handout the 'Angry Selfie' template. Ask the group to complete and feedback about what sort of things make them angry.

Collect the 'Angry Selfie' worksheets. These could be used to make a display in your own setting.

SOME DISCUSSION POINTS:

- Anger is a difficult feeling. When you are angry, you might do bad things that you wouldn't do if you were happy. But did you know that it's normal to feel angry from time to time ? It happens to everyone.
- All sorts of things can make a person feel angry. Some people get mad when;
 - they have to follow a rule they don't like
 - or when another person is mean to them
 - when they are feeling tired, upset or worried about something
 - if they feel something is not fair.

Even though it's normal to feel angry from time to time, it's never ok to be mean, break things, hurt others, or hurt yourself. Learning to control your anger is about learning new ways to act when you're upset.

ACTIVITY 1

Watch the short animated film 'Jack and the Detective' (7 minutes)

(If appropriate answer any questions young people may have after watching the film)

- Ask the group to fill in the 'Anger Bar Managing Anger' worksheet.
- Ask them to feed back on their findings
- Ask young people to feed back about some real life situations they have got angry about (if appropriate).

SOME DISCUSSION POINTS:

How do you behave when you're angry?

Each person reacts differently to anger

- Break things / throw things
- Cry
- Shout
- Hit someone

What happens to your body when you're angry?

- When you get angry blood rushes through the front of your brain making it difficult for you to think sensibly.
- Stress hormones adrenaline and cortisol give you a burst of energy and added strength
- Your blood is redirected from the stomach and intestines to your muscles in preparation to fight
- Your blood pressure, pain threshold and temperature raise, breathing and heart rate increase, and pupils begin to dilate.

Physical effects vary from person to person

- Teeth grinding, Fists clenched, Sweating, Muscles tense, Face is flushed

What helps when you're angry?

Recognise your anger signs! Your heart beats faster and you breathe more quickly, preparing you for action. You might also notice other signs, such as

tension in your shoulders or clenching your fists. "If you notice these signs, get out of the situation if you've got a history of losing control,"

Some healthy things you can do when you feel angry;

- Walk away
- Take deep breaths and breathe slowly
- Slowly count to 10
- Talk to someone

ACTIVITY 2

Ask the group to complete the 'Happy Calm Picture' template;

- Young people should draw a picture of something that makes them feel happy, calm and relaxed
 - They can also use words to describe this picture
 - These could be used to display in your setting along with the angry selfie worksheets .

SOME DISCUSSION POINTS:

- Relaxation and visualisation techniques can be really helpful to some young people. Using visualisation, whilst also being aware of how their body is reacting, can give a young person 'cool' images that they may be able to bring to mind when things become too 'hot' next time they get angry feelings.
- If you have time ask the group to think of positive benefits of ***staying in control*** and negative impacts of ***losing control***
 - Young people can also be encouraged to create a list of reasons why it should not be a good idea to 'lose it'. You can make this funny as well as serious . The positive benefits of staying in control can be listed, exaggerated, made into fun, positive images or easy to remember phrases.