

Lesson #3: Is Anger OK?

Lesson Developer: Bev Dekker

Time/Grade: 1 hour lesson/ Grades 2-6

Key Concept: Teach students about the restorative justice approach with a focus on conferencing for dealing with discipline issues.

Objectives: The students will understand that anger is normal, that they can learn to control their reactions to anger and be able to describe 3 appropriate ways to handle or express anger.

Materials:

- Children's picture book about anger. Suggested titles are: When Sophie Gets Angry...Really, Really Angry by Molly Bang; Anh's Anger by Gail Silver; Mouse Was Mad by Linda Urban or any other appropriate children's picture book.
- "Reactions" handout
- Copy of Exploding Emma and Calm Calvin for each student
- Two craft sticks for each student
- Lyrics to the song If You're Angry and You Know It

Introduction:

1. Have the following piece of wisdom written on the board: "Do not wrong or hate your neighbour for it is not he that you wrong but yourself."
2. You might start the activity by telling your own story that relates to the quote. (don't start with what the quote means to you because students should figure that out for themselves) Try to tell the story in such a way that the feeling of anger will be mentioned.
3. Ask if any students have a story that they would like to tell which they think may relate to the quote.
4. When you feel enough time has been given, tell the students that the class will come back to the quote at the end of the lesson.

Concept Development/Learning Activities:

1. Read the children's picture book story about anger that you have chosen to the class.
2. Discuss the anger expressed by the character in the story: what made him/her angry and how they handled it. Invite the students to share a time they were angry-only telling what made them angry and what they did about it.

Further Discussion Questions:

- How does your body feel when you are angry?
 - How can you tell when someone else is angry?
 - Why is it a good idea to find positive ways of dealing with anger?
3. During or following the discussion, make the following points about anger:
 - Anger is a basic human emotion and is neither bad nor good
 - Sometimes anger serves a protective function
 - There are healthy and appropriate ways to deal with anger.
 - Each of us is responsible for our own feelings and behaviour.
 - It is how we react to a situation not the situation itself that causes our anger.

4. Prior to the next activity, read the descriptions of Exploding Emma and Calm Calvin to the students. Hand out a picture of Emma and Calvin to each student. You could have the students color them if you wanted. Each character needs to be cut out and glued to the end of a craft stick.
5. Tell the students that they are going to hear about events that happened to either Emma or Calvin and how the event was handled. They will use the stick puppets to match the reaction to the student. After you read the event and reaction, ask the students to hold up the puppet that they think this happened to. Discuss reasons for choosing the character after each event/reaction.
6. Discussion Questions:
 - Why is it important to learn self-control?
 - What would school/home be like if we never made any effort to manage our feelings or behaviour?
 - How do you feel when you control yourself?

Closure/Summary:

- Refer back to the words of wisdom written on the board at the beginning of the lesson. Discuss their meaning as a class.
- Put the words to the song “If You're Angry and You Know It” on an overhead or white board and sing it as a class.

Assessment:

Write the following event on the board:

You get grounded for something that your brother or sister did.

Ask students to identify how they would feel if this happened and to list 3 positive ways of dealing with this feeling.

Share in pairs or small groups.

Curriculum Outcomes Addressed:

Grade 2-6 Health: Outcomes 1 and 2

Wellness Choices: Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Relationship Choices: Students will develop effective interpersonal skills that demonstrate respect in order to establish and maintain healthy interactions.