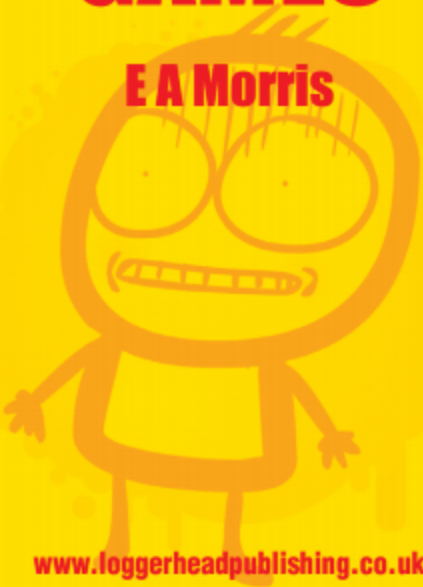


ANGER MANAGEMENT GAMES

E A Morris



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What is my body saying?

1

How to Play

Each child is given a piece of paper on which is written an emotion – being worried, being very hurt, being annoyed, being angry, being affectionate, being hopeful, joyful, excited, compassionate and contented, for example – which they should then portray to the group. If necessary, the same emotion can be handed out to different people. After every portrayal, the group tries to guess which emotion was being expressed.

Discussion

In the end, the group works out through joint discussion how the different emotions can be identified.

Questions to cover should include:

- Which emotions were easier to portray and to recognise than others?
- Which emotions are expressed in a similar way, so that we have to pay close attention to recognise them?

More ways to get into the circle

6

How to Play

The group creates a 'circle' by holding hands. One child is chosen to try to break through from the outside and another is chosen to break out from the inside.

An alternative way to play is that the group subdivides into two smaller groups, for example into girls and boys. First, the boys are given the task of building a circle, using their bodies. The girls try to break into the circle as well as one girl being inside it and trying to break out. Afterwards, the roles are reversed: the girls build the circle, the boys try – without any violence – to break in and break out.

Discussion

Lead a discussion including the following questions:

- How did girls and boys, respectively, feel in the different roles?
- Did they act differently? If so, what explanations might there be for this?
- Did physical strength always give the advantage?
- What can people achieve together that one of them on their own may not manage?
- What happened when someone tried to ask politely if they may join/get through? Did anyone try that?
- What did it feel like to be a tightly knit group that wouldn't let anyone in or out?
- What about being an open group where people can go in and out freely?

A picture of peace

9b

How to Play

In part two the pupils look again in the magazines and find a picture that, in their view, expresses the emotion 'peaceful'.

Discussion

Afterwards the pictures are looked at together. The group selects some of the pictures and discusses these together. If the group is not too big, they should talk about all of the pictures.

- Are there contents, colours, shapes, forms of expression and so on that were selected particularly often – that were especially easily associated with 'peace'?
- Are there people who chose very similar, or maybe even the same, pictures? For example:
 - Dove
 - Blue sky with gentle clouds
 - Two people shaking hands and smiling
 - Putting down a weapon

Popping with excitement

19b

How to Play

Each child is given a balloon to blow up. They then imagine a situation that could cause them to 'pop with excitement'.

One at a time, the group tries to find out another child's excitement trigger. If they guess right, the child in question has to burst their balloon. The game is over when everyone has shown what makes them excited. To make sure that no one cheats, it is a good idea to ask each child write down their 'excitement situation'. The children need to know each other fairly well for this game to succeed.

Discussion

Discuss as a group and pay attention to the similarities and differences in what excites people. Again comment how important it is that everyone is different and some people are similar!